

WEEK SEVEN MEAL PLAN

Day 43 **Breakfast:** Scrambled eggs with spinach and feta

Snack: Almonds (1 oz)

Lunch: Grilled chicken breast with avocado salad

Snack: Cheese sticks (1 oz) and walnuts (1 oz)

Dinner: Baked salmon with roasted Brussels sprouts

Day 44 **Breakfast:** Omelet with mushrooms and cheddar

Snack: Celery with peanut butter (2 tbsp)

Lunch: Turkey lettuce wraps with cheese and mustard

Snack: Hard-boiled eggs (2 eggs)

Dinner: Grilled steak with asparagus and garlic butter

Day 45 **Breakfast:** Greek yogurt with flaxseeds and berries

Snack: Greek yogurt with chia seeds

Lunch: Tuna salad with avocado and cucumber

Snack: Cottage cheese with pumpkin seeds

Dinner: Baked cod with sautéed kale

Day 46 **Breakfast:** Chia pudding with coconut milk and raspberries

Snack: Cheese sticks (1 oz) and walnuts (1 oz)

Lunch: Chicken Caesar salad

****Snack:**** Almond butter with dark chocolate (1 tbsp and 1 square)

****Dinner:**** Grilled shrimp with zucchini noodles

Day 47 ****Breakfast:**** Avocado and egg bowl

****Snack:**** Hard-boiled eggs (2 eggs)

****Lunch:**** Beef stir-fry with broccoli

****Snack:**** Almonds (1 oz)

****Dinner:**** Roasted chicken thighs with cauliflower mash

Day 48 ****Breakfast:**** Cottage cheese with pecans and cinnamon

****Snack:**** Cottage cheese with pumpkin seeds

****Lunch:**** Salmon salad with mixed greens

****Snack:**** Celery with peanut butter (2 tbsp)

****Dinner:**** Grilled pork chops with green beans

Day 49 ****Breakfast:**** Boiled eggs with cucumber slices

****Snack:**** Almond butter with dark chocolate (1 tbsp and 1 square)

****Lunch:**** Chicken and avocado lettuce wraps

****Snack:**** Greek yogurt with chia seeds

****Dinner:**** Baked trout with sautéed spinach