

WEEK Eight MEAL PLAN

Day 50

****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 51 ****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 52 ****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 53 ****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 54 ****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 55 ****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 56 ****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