

Week Four Meal Plan

Day 22 **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 23 **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 24 **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 25 **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 26 **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 27 **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 28 **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