

## Week Nine Meal Plan

**Day 57** \*\*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 58** \*\*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 59** \*\*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 60** \*\*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 61** \*\*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 62** **\*\*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 63** **\*\*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