Week One - High-Protein, Low-Carbohydrate Meal Plan

Guidelines:
- Total daily calorie intake: ≤ 2000 kcal
- Emphasis on lean proteins, healthy fats, and low-carb vegetables
- Simple meals with variety
- Includes three meals and snacks per day

Daily Meals:

Day 1
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 2
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 3
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 4
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 5
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 6
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 7
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