

## Week Two - 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 8

- \*\*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 9

- \*\*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 10

- \*\*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 11

- \*\*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 12

- \*\*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 13

- \*\*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 14**

**\*\*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