**7-day Diet Plan for Weight Loss**



**Objective:** Reduce calorie intake to promote healthy weight loss while ensuring balanced nutrition.

**Daily Caloric Intake:** Approximately 1500 to 1800 kcal (adjust based on personal needs and activity level)

**Macronutrient Ratio:** 40% Carbohydrates, 30% Protein, 30% Fat

#### **Day 1:**

**Breakfast:** Greek yogurt with berries and a sprinkle of flaxseeds. **Lunch:** Grilled chicken salad with mixed greens, cucumbers, tomatoes, and vinaigrette. **Dinner:** Baked salmon with asparagus and a side of quinoa. **Snack:** An apple with almond butter.

#### **Day 2:**

**Breakfast:** Smoothie with spinach, protein powder, half a banana, and almond milk. **Lunch:** Turkey and avocado wrap with whole wheat tortilla and a side of carrot sticks. **Dinner:** Stir-fried tofu with broccoli, bell peppers, and a soy-ginger sauce over brown rice. **Snack:** Cottage cheese with sliced peaches.

#### **Day 3:**

**Breakfast:** Oatmeal topped with sliced almonds and honey. **Lunch:** Quinoa and chickpea salad with red onions, cherry tomatoes, and feta cheese. **Dinner:** Grilled shrimp over a mixed green salad with olive oil and lemon dressing. **Snack:** A handful of mixed nuts.

#### **Day 4:**

**Breakfast:** Two scrambled eggs with spinach and mushrooms. **Lunch:** Lentil soup with a side of whole-grain bread. **Dinner:** Turkey burger (no bun) with a side of sweet potato fries. **Snack:** Greek yogurt with a sprinkle of granola.

#### **Day 5:**

**Breakfast:** Smoothie bowl with berries, banana, and a sprinkle of chia seeds. **Lunch:** Baked tilapia with a side salad and vinaigrette. **Dinner:** Beef stir-fry with vegetables served over cauliflower rice. **Snack:** Raw vegetables with hummus.

#### **Day 6:**

**Breakfast:** Whole grain pancakes topped with fresh strawberries. **Lunch:** Chicken Caesar salad with low-calorie dressing. **Dinner:** Zucchini noodles with bolognese sauce. **Snack:** An orange and a handful of almonds.

#### **Day 7:**

**Breakfast:** Cottage cheese with sliced pineapple. **Lunch:** Roasted vegetable and goat cheese wrap. **Dinner:** Grilled pork chop with steamed green beans and mashed butternut squash. **Snack:** Protein bar.

### **General Guidelines:**

* Drink at least 8 glasses of water per day.
* Feel free to swap similar meals from different days according to personal taste.
* Adjust portion sizes based on individual dietary needs and goals.
* Supplement this diet with regular physical activity for optimal results.
* Consult with a dietitian for personalized advice and adjustments