

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