

# WEEKLY MEAL PLAN

## DAY 1

Meal	Standard	Vegetarian	Vegan	Keto
<b>Breakfast</b>	Greek yogurt & berries	Greek yogurt & berries	Chia pudding & berries	Eggs & spinach
<b>Lunch</b>	Grilled chicken salad	Paneer salad	Lentil soup & salad	Chicken salad
<b>Dinner</b>	Baked salmon & vegetables	Tofu stir-fry & vegetables	Tofu & mixed vegetables	Salmon & sautéed greens
<b>Snack</b>	Apple	Cottage cheese	Hummus & cucumber	Boiled egg

## DAY 2

Meal	Standard	Vegetarian	Vegan	Keto
<b>Breakfast</b>	Oatmeal & seeds	Vegetable omelet	Oats- flax & berries	Omelet & mushrooms
<b>Lunch</b>	Turkey wrap	Egg salad lettuce wraps	Chickpea salad	Tuna salad
<b>Dinner</b>	Grilled chicken + broccoli	Paneer stir-fry	Veggie curry & cauliflower rice	Chicken thigh & zucchini
<b>Snack</b>	Orange	Yogurt (small)	Fruit	Cheese portion

## DAY 3

Meal	Standard	Vegetarian	Vegan	Keto
<b>Breakfast</b>	Protein smoothie	Cottage cheese & fruit	Plant protein smoothie	Greek yogurt (plain)
<b>Lunch</b>	Tuna salad	Lentil soup	Tofu veggie bowl	Shrimp salad
<b>Dinner</b>	Lean beef & vegetables	Veggie omelet & salad	Zucchini noodles & lentil sauce	Steak & green beans
<b>Snack</b>	Banana (small)	Fruit	Edamame	Almonds (small)

# WEEKLY MEAL PLAN

## DAY 4

Meal	Standard	Vegetarian	Vegan	Keto
<b>Breakfast</b>	Cottage cheese & fruit	Cottage cheese & fruit	Oats & berries	Eggs & spinach
<b>Lunch</b>	Chicken lettuce wraps	Paneer salad	Lentil soup	Chicken salad
<b>Dinner</b>	Grilled shrimp & vegetables	Tofu stir-fry	Tofu & vegetables	Salmon & greens
<b>Snack</b>	Pear	Yogurt (small)	Fruit	Boiled egg

## DAY 5

Meal	Standard	Vegetarian	Vegan	Keto
<b>Breakfast</b>	Scrambled eggs & spinach	Vegetable omelet	Chia pudding	Omelet & mushrooms
<b>Lunch</b>	Turkey wrap	Egg salad wraps	Chickpea salad	Tuna salad
<b>Dinner</b>	Zucchini noodles & lean meat sauce	Paneer stir-fry	Veggie curry & cauliflower rice	Chicken thigh & zucchini
<b>Snack</b>	Apple	Cottage cheese	Hummus & cucumber	Cheese portion

## DAY 6

Meal	Standard	Vegetarian	Vegan	Keto
<b>Breakfast</b>	Overnight oats	Greek yogurt & berries	Oats & flax	Greek yogurt (plain)
<b>Lunch</b>	Quinoa veggie bowl	Lentil soup	Tofu veggie bowl	Shrimp salad
<b>Dinner</b>	Grilled chicken & broccoli	Veggie omelet	Tofu & vegetables	Steak & green beans
<b>Snack</b>	Protein bar	Fruit	Edamame	Almonds (small)

# WEEKLY MEAL PLAN

DAY 7

Meal	Standard	Vegetarian	Vegan	Keto
<b>Breakfast</b>	Boiled eggs & toast	Cottage cheese & fruit	Plant protein smoothie	Eggs & spinach
<b>Lunch</b>	Paneer salad	Paneer salad	Lentil soup & salad	Chicken salad
<b>Dinner</b>	Baked chicken breast & green beans	Tofu stir-fry	Zucchini noodles + lentil sauce	Salmon & sautéed greens
<b>Snack</b>	Cottage cheese	Yogurt (small)	Fruit	Boiled egg

