

HEALTHY MEAL PLAN W/MEAT

Day	Breakfast	Lunch	Dinner
Monday	Spinach and Feta Omelette	Grilled Chicken Salad	Baked Salmon with Quinoa and Roasted Vegetables
	Breakfast:	Lunch:	Dinner:
	1. Whisk eggs and pour into a heated pan.	1. Grill chicken breast and slice into strips.	1. Season salmon fillets with olive oil, lemon juice, salt, and pepper.
	2. Add spinach and crumbled feta cheese.	2. Toss mixed greens with cherry tomatoes, cucumber, avocado, and grilled chicken.	2. Bake in the oven until cooked through.
	3. Cook until eggs are set, then fold over.	3. Dress with olive oil and balsamic vinegar.	3. Serve with cooked quinoa and roasted vegetables.
Tuesday	Greek Yogurt Parfait with Granola	Turkey and Avocado Wrap	Beef Stir-Fry with Brown Rice and Vegetables
	Breakfast:	Lunch:	Dinner:
	1. Layer Greek yogurt, granola, and mixed berries in a glass.	1. Spread avocado onto a whole wheat wrap.	1. Slice beef thinly and marinate with soy sauce, garlic, and ginger.
	2. Repeat layers until the glass is filled.	2. Layer with sliced turkey breast, lettuce, and tomato.	2. Stir-fry beef with mixed vegetables until cooked.

	3. Drizzle with honey if desired.	3. Roll up tightly and slice in half.	3. Serve over cooked brown rice.
Wednesday	Whole Wheat Pancakes with Berries	Tuna Salad with Quinoa	Grilled Shrimp with Vegetable Skewers
	Breakfast:	Lunch:	Dinner:
	1. Mix whole wheat flour, baking powder, and almond milk in a bowl.	1. Combine canned tuna, cooked quinoa, diced celery, and Greek yogurt.	1. Thread shrimp onto skewers alternating with bell peppers, onions, and zucchini.
	2. Cook pancakes on a heated griddle until golden brown.	2. Season with lemon juice, olive oil, salt, and pepper.	2. Grill until shrimp are pink and vegetables are tender.
	3. Serve topped with fresh berries.	3. Serve over mixed greens or in a whole wheat pita.	3. Serve with a side of couscous or grilled bread.
Thursday	Egg and Veggie Breakfast Burrito	Chicken Caesar Salad	Baked Chicken with Sweet Potato Mash
	Breakfast:	Lunch:	Dinner:
	1. Scramble eggs with diced bell peppers, onions, and spinach.	1. Toss chopped romaine lettuce with grilled chicken breast, Parmesan cheese, and Caesar dressing.	1. Season chicken breasts with paprika, garlic powder, salt, and pepper.

	2. Spoon onto a whole wheat tortilla and roll up.	2. Top with croutons if desired.	2. Bake in the oven until cooked through.
	3. Serve with salsa or avocado slices.	3. Serve with a lemon wedge on the side.	3. Mash sweet potatoes with a touch of butter and cinnamon.
Friday	Breakfast Quinoa with Sausage	Salmon and Avocado Sushi Rolls	Turkey Meatballs with Zucchini Noodles
	Breakfast:	Lunch:	Dinner:
	1. Cook quinoa according to package instructions.	1. Lay out a sheet of nori seaweed.	1. Mix ground turkey with breadcrumbs, egg, minced garlic, and Italian seasoning.
	2. Stir in cooked sausage crumbles, diced apples, and cinnamon.	2. Spread cooked quinoa on top of the nori.	2. Form into meatballs and bake in the oven until cooked through.
	3. Serve warm with a drizzle of maple syrup.	3. Add sliced salmon, avocado, and cucumber.	3. Spiralize zucchini into noodles and sauté until tender.
Saturday	Egg and Spinach Breakfast Wrap	Turkey and Veggie Stir-Fry	Grilled Steak with Asparagus and Quinoa Salad
	Breakfast:	Lunch:	Dinner:
	1. Scramble eggs with fresh spinach and feta cheese.	1. Stir-fry sliced turkey breast with mixed vegetables.	1. Grill steak to desired doneness.

	2. Spoon onto a whole wheat wrap and roll up.	2. Season with soy sauce, garlic, and ginger.	2. Serve sliced over a salad of cooked quinoa, grilled asparagus, and cherry tomatoes.
	3. Serve with salsa or hot sauce if desired.	3. Serve over cooked brown rice or noodles.	3. Drizzle with balsamic glaze if desired.
Sunday	Greek Yogurt Smoothie with Protein	Chicken and Veggie Fajitas	Baked Cod with Lemon and Herbs
	Breakfast:	Lunch:	Dinner:
	1. Blend Greek yogurt, mixed berries, banana, and protein powder until smooth.	1. Sauté sliced chicken breast with bell peppers, onions, and fajita seasoning.	1. Season cod fillets with lemon juice, garlic, and fresh herbs.
	2. Optional: add honey or maple syrup for sweetness.	2. Serve with warm tortillas, avocado, salsa, and Greek yogurt.	2. Bake in the oven until fish is opaque and flakes easily.
		3. Garnish with fresh cilantro and lime wedges.	3. Serve with a side of steamed vegetables or quinoa.