

Basic Meal plan for a 42year male whose very active looking to loss weight.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Greek yogurt with berries and a handful of almonds	Oatmeal with banana, chia seeds, and honey	Veggie omelette with spinach, tomatoes, and feta cheese	Smoothie with protein powder, spinach, berries, and almond milk	Whole grain toast with avocado and poached eggs	Scrambled eggs with smoked salmon and whole grain toast	Greek yogurt with granola and fresh fruit
Snack	Apple with peanut butter	Carrot sticks with hummus	Mixed nuts and a pear	Rice cakes with almond butter	Cottage cheese with pineapple	Apple slices with almond butter	Protein smoothie with banana and spinach
Lunch	Grilled chicken salad with quinoa and avocado	Turkey wrap with whole grain tortilla, lettuce, tomatoes, and mustard	Grilled salmon with quinoa and steamed broccoli	Quinoa and black bean salad with mixed greens	Chicken and vegetable stir-fry with brown rice	Turkey and avocado sandwich on whole grain bread	Lentil soup with a side salad
Snack	Cottage cheese with berries	Greek yogurt with honey	Hummus with bell pepper strips	Mixed nuts	Rice cakes with hummus	Greek yogurt with nuts	Carrot sticks with hummus
Dinner	Baked chicken breast with sweet potatoes and green beans	Lean beef stir-fry with vegetables and brown rice	Baked cod with quinoa and steamed asparagus	Grilled tofu with mixed vegetables and brown rice	Grilled shrimp with quinoa and mixed vegetables	Baked chicken thighs with roasted vegetables	Grilled salmon with brown rice and steamed vegetables

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Snack	Protein shake or a handful of nuts	Protein bar	Cottage cheese with fruit	Greek yogurt with honey	Mixed nuts	Protein smoothie	Cottage cheese with berries
Drinks	Water, green tea	Water, herbal tea	Water, green tea	Water, herbal tea	Water, green tea	Water, herbal tea	Water, green tea

Daily Nutritional Breakdown with Energy						
Day	Carbohydrates (g)	Fats (g)	Proteins (g)	Energy (Kcal)	Energy (KJ)	Highlights
Monday	250	70	160	2200	9200	High in protein, moderate carbs, includes healthy fats
Tuesday	260	68	155	2150	9000	High in fiber, moderate protein, low sugar
Wednesday	240	72	165	2250	9400	High in omega-3s, rich in vitamins and minerals
Thursday	250	70	160	2200	9200	Plant-based, high in fiber, low saturated fat
Friday	270	75	150	2300	9600	High in antioxidants, balanced macros
Saturday	260	70	155	2200	9200	Lean proteins, good balance of carbs and fats
Sunday	250	72	160	2200	9200	Rich in omega-3s, high fiber, low sodium