

# verywell fit 7-Day Weight Loss Meal Plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Scrambled Eggs and Whole Wheat Toast	Oats, Egg Whites, and Almonds	Cottage Cheese with Pineapple and Cashew	Oatmeal Cottage Cheese Waffles	Banana Peanut Butter Smoothie	Overnight Oats	Mushroom, Spinach, and Avocado Omelet with Wheat Toast
Snack	Greek Yogurt with Blueberries and Cashews	Apple and Peanut Butter	Guacamole and Red Bell Pepper	Hard-Boiled Eggs, Mozzarella String Cheese, Grapes, and Carrots	Pistachios	Edamame and Carrots	Berry Smoothie
Lunch	Grilled Chicken Salad	Tuna Salad and Crackers	Turkey and Cheese Wrap	Southwest Chicken Salad	Open Faced Roast Beef Sandwich	Chicken Quesadilla	Salmon and Asparagus
Snack	Protein Drink	Protein Drink and Almonds	Edamame and Carrots	Protein Drink	Greek Yogurt and Almonds	Cottage Cheese and Peach	Hard-Boiled Eggs
Dinner	Steak with Baked Potato and Vegetables	Grilled Chicken and Broccoli	Hamburger	Turkey Bolognese with Zucchini Noodles	Chicken Breast, Brown Rice, and Mixed Vegetables	Salmon and Asparagus	Chicken and Vegetable Stir Fry

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