

# 7-Day Fat-Burning Meal Plan

## Day 1

- Breakfast: Scrambled eggs with spinach and avocado
- Lunch: Grilled chicken salad with olive oil & lemon dressing
- Snack: Greek yogurt with chia seeds
- Dinner: Baked salmon with broccoli and quinoa

## Day 2

- Breakfast: Protein smoothie with berries and almond butter
- Lunch: Turkey lettuce wraps with hummus
- Snack: Hard-boiled eggs and cucumber slices
- Dinner: Grass-fed beef stir-fry with mixed vegetables

## Day 3

- Breakfast: Overnight oats with flaxseeds and banana
- Lunch: Grilled shrimp salad with avocado
- Snack: Apple slices with almond butter
- Dinner: Chicken breast with roasted Brussels sprouts and sweet potato

## Day 4

- Breakfast: Omelet with mushrooms, peppers, and feta
- Lunch: Tuna salad lettuce boats
- Snack: Cottage cheese and berries
- Dinner: Zucchini noodles with turkey meatballs

## Day 5

- Breakfast: Smoothie with spinach, protein powder, and coconut milk

- Lunch: Egg salad on romaine leaves
- Snack: Trail mix (unsweetened)
- Dinner: Grilled chicken thighs with asparagus and cauliflower mash

## **Day 6**

- Breakfast: Chia pudding with coconut and berries
- Lunch: Quinoa bowl with black beans, avocado, and salsa
- Snack: Bell pepper slices and guacamole
- Dinner: Baked cod with steamed kale and wild rice

## **Day 7**

- Breakfast: Protein pancakes with blueberries
- Lunch: Chicken veggie soup with a side salad
- Snack: Celery with peanut butter
- Dinner: Grilled steak with roasted carrots and green beans