

JUSTFIT!

7-DAY 90-30-50 DIET PLAN

BREAKFAST

LUNCH

DINNER

DAY 1

Strawberry & Greek yogurt smoothie



Coriander salmon with quinoa



Chicken curry with cauliflower rice



DAY 2

Muesli with dates & berries



Chicken breast & avocado salad



Rocket salad with tofu & goat cheese



DAY 3

Cinnamon & protein powder porridge



Grilled Salmon with steamed vegetables



Turkey meatballs with roasted carrots & hummus



DAY 4

Banana & almond smoothie



Brown rice with chicken breast & broccoli



Spinach, mushroom and egg frittata



DAY 5

Peas & feta breakfast wrap



Ground beef, carrot, & cabbage skillet



Tofu tacos with black beans



DAY 6

Oats with fresh fruit & chia seeds



Shrimp, brown rice, roasted vegetables



Sweet potato dhal with vegetables & brown rice



DAY 7

Whole wheat toast with chia jam



Chicken & tofu stir fry with cauliflower rice



Quinoa stuffed roasted bell peppers



7-DAY WEIGHT LOSS LOW CARB MEAL PLAN

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DAY 1

Avocado & Egg White Omelette



Avocado Chicken Salad Lettuce Wraps



Shrimp Scampi with Zoodles



DAY 2

Almond and Blueberry Smoothie



Chicken & Spinach Salad with Avocado



Garlic Butter Steak with Zucchini Noodles



DAY 3

Egg and Veggie Scramble



Grilled Chicken Caesar Salad



Grilled Chicken Breast with Steamed Veggies



DAY 4

Coconut Chia Seeds Pudding



Chicken & Spinach Salad with Avocado



Savory Shrimp Stir-Fry



DAY 5

Spinach and Feta Scramble



Turkey Spinach Salad



Beef and Vegetable Stir-Fry



DAY 6

Scrambled Eggs with Avocado



Seared Tuna Steak with Broccoli



Zucchini Noodles with Pesto



DAY 7

Spinach and Mushroom Frittata



Baked Salmon with Asparagus



Garlic Butter Shrimp with Cauliflower Rice



7-DAY LOW CHOLESTEROL MEAL PLAN

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DAY 1

Tomato Lentil Soup



Vegetable Wrap



Chicken and Mushroom Ragù



DAY 2

Overnight Oats



Black Bean and Corn Salsa



Grilled Salmon and Vegetables



DAY 3

Avocado Toast



Mediterranean Quinoa Salad



Tuna Chickpea Salad



DAY 4

Spinach and Feta Egg White Scramble



Shrimp and Avocado Salad



Cilantro-Lime Cauliflower Rice



DAY 5

Tomato Bruschetta



Tofu Scramble

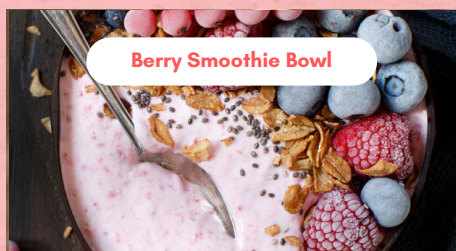


Roasted Chicken Breast with Bell Peppers



DAY 6

Berry Smoothie Bowl



Pasta Salad



Grilled Baba Ganoush



DAY 7

Veggie Breakfast Burrito



Portobello Mushroom Burger



Baked Lemon-Herb Cod

