

WEEK 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Scrambled eggs with spinach & avocado	Omelet with mushrooms, cheese	Boiled eggs with cucumber slices	Egg muffins with bacon and bell peppers	Greek yogurt with chia seeds	Fried eggs with sausage links	Cottage cheese with sliced avocado
Grilled chicken breast with Greek salad	Chicken fajita lettuce wraps	Tuna salad with olive oil and lemon	Carnitas with guacamole	Saag paneer (low-carb version)	Shrimp Caesar salad (no croutons)	Roasted turkey lettuce wraps with mayo and mustard
Zucchini noodles with pesto	Tandoori chicken with sautéed cauliflower	Grilled salmon with wasabi mayo	Stuffed bell peppers with ground beef and cheese	Grilled lamb chops with rosemary	Seaweed salad with grilled tuna steak	Garlic butter shrimp with sautéed spinach

WEEK 2

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Egg and cheese roll-ups	Cream cheese pancakes	Scrambled eggs with feta and olives	Chia seed pudding (almond milk base)	Boiled eggs with smoked salmon	Omelet with spinach and feta	Cottage cheese with crushed walnuts
Zucchini lasagna (no noodles)	Grilled salmon with lemon butter	Grilled chicken Caesar salad (no croutons)	Tuna-stuffed avocado topped with sunflower seeds	Egg salad lettuce wraps	Roasted turkey breast with steamed broccoli	Chicken fajita lettuce wraps
Tandoori chicken thighs with roasted eggplant	Lamb meatballs with tzatziki	Carnitas bowl with avocado and cilantro-lime dressing	Saag paneer with grilled chicken breast	Grilled shrimp skewers with olive oil and lemon	Zucchini noodles with pesto and grilled chicken	Grilled lamb chops with sautéed asparagus