

Day	Breakfast	Lunch	Dinner
1	2 hard-boiled eggs, 1 orange	Grilled chicken breast, green salad with olive oil and lemon dressing	Steamed vegetables, 2 hard-boiled eggs
2	2 hard-boiled eggs, 1/2 grapefruit	Chicken salad with mixed greens, cherry tomatoes, and cucumbers	Grilled salmon, roasted asparagus, brown rice
3	2 hard-boiled eggs, 1 banana	Hard-boiled egg, avocado salad, whole-wheat toast	Tofu stir-fry with brown rice
4	2 hard-boiled eggs, 1 apple	Lentil soup, whole-wheat crackers	Grilled shrimp, roasted vegetables
5	2 hard-boiled eggs, 1 cup berries	Turkey sandwich on whole-wheat bread, green salad	Quinoa salad with grilled chicken or fish
6	2 hard-boiled eggs, 1/2 avocado	Hard-boiled egg, tomato salad, whole-wheat crackers	Chicken stir-fry with vegetables
7	2 hard-boiled eggs, 1 cup yogurt	Fish salad on whole-wheat bread, green salad	Lentil soup, whole-wheat crackers
8	2 hard-boiled eggs, 1 orange	Greek yogurt bowl with 2 hard-boiled eggs, sliced banana, and a sprinkle of granola	Chicken stir-fry with vegetables
9	2 hard-boiled eggs, 1/2 grapefruit	Quinoa salad with grilled chicken or fish	Hard-boiled egg, avocado salad, whole-wheat crackers
10	2 hard-boiled eggs, 1 apple	Fish sandwich on whole-wheat bread, green salad	Tofu scramble with vegetables
11	2 hard-boiled eggs, 1 cup berries	Hard-boiled egg, tomato salad, whole-wheat crackers	Chicken stir-fry with vegetables
12	2 hard-boiled eggs, 1/2 avocado	Greek yogurt bowl with 2 hard-boiled eggs, sliced banana, and a sprinkle of granola	Fish salad on whole-wheat bread, green salad
13	2 hard-boiled eggs, 1 orange	Quinoa salad with grilled chicken or fish	Hard-boiled egg, avocado salad, whole-wheat crackers
14	2 hard-boiled eggs, 1/2 grapefruit	Fish sandwich on whole-wheat bread, green salad	Tofu scramble with vegetables