

# MEAL PLAN

# WEIGHT LOSS

1 PAGE

8.5 X 11 INCHES

PRINTABLE PDF

## Weight Loss Meal Plan

|     | Breakfast                                                       | Lunch                                                                    | Dinner                                                            | Snacks                                               |
|-----|-----------------------------------------------------------------|--------------------------------------------------------------------------|-------------------------------------------------------------------|------------------------------------------------------|
| SUN | Greek yogurt with berries and honey.                            | Grilled chicken salad with greens and balsamic vinaigrette.              | Baked salmon with roasted vegetables.                             | Sliced cucumber with hummus.                         |
| SAT | Oatmeal topped with sliced banana and a sprinkle of almonds.    | Turkey and avocado wrap with whole-grain tortilla.                       | Stir-fried tofu with broccoli and brown rice.                     | Baby carrots with tzatziki sauce.                    |
| FRI | Scrambled eggs with spinach and tomatoes.                       | Quinoa salad with chickpeas, cucumber, and lemon-tahini dressing.        | Grilled shrimp with asparagus and quinoa.                         | Sliced bell peppers with guacamole.                  |
| THU | Smoothie with spinach, banana, almond milk, and protein powder. | Lentil soup with a side of mixed greens.                                 | Baked chicken breast with roasted sweet potatoes and green beans. | Sliced apples with a sprinkle of cinnamon.           |
| WED | Greek yogurt parfait with granola and sliced strawberries.      | Spinach and feta stuffed chicken breast with a side of steamed broccoli. | Veggie stir-fry with tofu and brown rice.                         | A small portion of trail mix (nuts and dried fruit). |

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**Patrick Vollmar**



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