

7-day weight loss diet plan

General Guidelines

- **Calorie Range:** ~1200–1600 calories/day (adjust depending on your BMR & activity level).
 - **Hydration:** Drink at least 8–10 cups of water per day.
 - **Exercise:** Add 30–60 minutes of physical activity daily (e.g. walking, resistance training).
 - **Avoid:** Processed foods, sugary drinks, excessive alcohol, and high-sodium items.
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Day 1

Breakfast

- Greek yogurt (unsweetened) with berries and 1 tbsp chia seeds
- Green tea or black coffee

Snack

- 1 apple + 10 almonds

Lunch

- Grilled chicken salad (mixed greens, cherry tomatoes, cucumbers, olive oil & vinegar)

Snack

- Baby carrots + hummus (2 tbsp)

Dinner

- Baked salmon (4–5 oz)
 - Steamed broccoli + quinoa (½ cup)
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Day 2

Breakfast

- Oatmeal ($\frac{1}{2}$ cup oats) with cinnamon, sliced banana, and 1 tsp peanut butter

Snack

- 1 boiled egg

Lunch

- Turkey lettuce wraps (turkey breast, avocado slices, tomato, lettuce leaves)

Snack

- Handful of blueberries + 1 light cheese stick

Dinner

- Stir-fried tofu or chicken with bell peppers, snap peas, and brown rice ($\frac{1}{2}$ cup)
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Day 3

Breakfast

- Smoothie: spinach, protein powder, almond milk, frozen berries, flaxseed

Snack

- Cucumber slices + guacamole (2 tbsp)

Lunch

- Lentil soup with side salad (olive oil & lemon)

Snack

- 1 orange or clementine

Dinner

- Grilled shrimp with zucchini noodles and cherry tomatoes
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Day 4

Breakfast

- Scrambled eggs (2 eggs + spinach + mushrooms)
- 1 slice whole-grain toast

Snack

- Greek yogurt (plain, small portion)

Lunch

- Quinoa bowl with chickpeas, arugula, roasted veggies, tahini dressing

Snack

- Celery sticks + almond butter (1 tbsp)

Dinner

- Baked cod or tofu
 - Steamed green beans + sweet potato (small)
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Day 5

Breakfast

- Cottage cheese (½ cup) with pineapple chunks and a sprinkle of flaxseeds

Snack

- Boiled egg + 5 cherry tomatoes

Lunch

- Tuna salad over mixed greens with olive oil and lemon juice

Snack

- Handful of walnuts or pumpkin seeds

Dinner

- Turkey meatballs with marinara + spaghetti squash
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Day 6

Breakfast

- Avocado toast on whole-grain bread + 1 poached egg

Snack

- Handful of mixed berries

Lunch

- Grilled veggie wrap (whole-grain wrap, hummus, zucchini, bell peppers)

Snack

- Protein shake or low-fat Greek yogurt

Dinner

- Chicken stir-fry with broccoli, mushrooms, and cauliflower rice
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Day 7

Breakfast

- Chia pudding with almond milk, vanilla, and strawberries

Snack

- 1 pear or apple + 10 almonds

Lunch

- Salmon poke bowl (brown rice, edamame, cucumber, avocado, soy sauce)

Snack

- Carrot sticks + 2 tbsp hummus

Dinner

- Grilled lean steak (or portobello mushroom)
 - Roasted Brussels sprouts + mashed cauliflower
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Tips for Success

- Prep meals in advance to avoid unhealthy temptations.
 - Track intake with an app (like MyFitnessPal) to stay within your calorie range.
 - Eat slowly and mindfully.
 - Sleep 7–8 hours per night.
 - Adjust portions or snacks based on hunger or exercise intensity.
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