

Day	Breakfast	A.M. Snack	Lunch	P.M. Snack	Dinner	Daily Total
1	Spinach & Egg Scramble with Raspberries (296 calories)	¼ cup unsalted dry-roasted almonds, 1 cup blackberries (268 calories)	Mason Jar Power Salad with Chickpeas & Tuna (430 calories)	1 large pear (131 calories)	Grilled Salmon with Sweet Peppers, ½ cup cooked brown rice (380 calories)	1,505 calories
2	Muesli with Raspberries (287 calories)	1 cup low-fat plain Greek yogurt, ¼ cup blueberries, 2 Tbsp. chopped walnuts (282 calories)	Brussels Sprouts Salad with Crunchy Chickpeas (337 calories)	1 medium apple (95 calories)	Herb-Grilled Chicken Frites (483 calories)	1,484 calories
3	Muffin-Tin Omelets with Feta & Peppers, 1 medium peach (285 calories)	1 cup low-fat plain Greek yogurt, ¼ cup blueberries, 2 Tbsp. chopped walnuts (282 calories)	Brussels Sprouts Salad with Crunchy Chickpeas (337 calories)	1 medium peach, 8 walnut halves (163 calories)	Grilled Eggplant & Tomato Pasta (449 calories)	1,515 calories
4	Muesli with Raspberries (287 calories)	1 cup low-fat plain Greek yogurt, ¼ cup blueberries, 1 Tbsp. chopped walnuts (234 calories)	Brussels Sprouts Salad with Crunchy Chickpeas (337 calories)	1 medium peach (59 calories)	Grilled Chicken Tacos with Slaw & Lime Crema, 1 serving Guacamole Chopped Salad (584 calories)	1,501 calories
5	Muffin-Tin Omelets with Feta & Peppers, 1 medium peach (285 calories)	1 cup low-fat plain Greek yogurt, 1 Tbsp. chopped walnuts, 1 cup blackberries (275 calories)	Brussels Sprouts Salad with Crunchy Chickpeas (337 calories)	¼ cup unsalted dry-roasted almonds (206 calories)	Chicken Caesar Pasta Salad (383 calories)	1,486 calories
6	Muesli with Raspberries (287 calories)	¼ cup unsalted dry-roasted almonds, ½ cup blueberries (248 calories)	Chicken Caesar Pasta Salad (383 calories)	1 (5-oz.) container low-fat plain Greek yogurt, ¼ cup raspberries (119 calories)	Spring Green Frittata, 1 serving Guacamole Chopped Salad (459 calories)	1,498 calories
7	Spinach & Egg Scramble with Raspberries (296 calories)	¼ cup unsalted dry-roasted almonds, 1 cup blackberries (268 calories)	Chicken Caesar Pasta Salad (383 calories)	1 plum, 8 walnut halves (135 calories)	Greek Salad with Edamame, 1-oz. slice whole-wheat baguette (439 calories)	1,521 calories
8	Low-fat Greek yogurt, peach, walnuts (320 calories)	Blackberries, almonds (268 calories)	White Bean & Avocado Toast, yogurt, plum (364 calories)	Walnut halves (164 calories)	Superfood Chopped Salad with Salmon & Creamy Garlic Dressing (409 calories)	1,524 calories
9	Spinach, Peanut Butter & Banana Smoothie (324 calories)	Almonds (206 calories)	Spicy Slaw Bowls with Shrimp & Edamame (364 calories)	Raspberries, walnut halves (215 calories)	Chicken & Veggie Fajitas (391 calories)	1,500 calories
10	Spinach, Peanut Butter & Banana Smoothie (324 calories)	Raspberries (64 calories)	Spicy Slaw Bowls with Shrimp & Edamame (364 calories)	Blackberries, walnut halves (324 calories)	Grilled Flank Steak with Tomato Salad, whole-wheat baguette (442 calories)	1,517 calories
11	Low-fat Greek yogurt, peach, walnuts (320 calories)	Raspberries, almonds (270 calories)	Spicy Slaw Bowls with Shrimp & Edamame (364 calories)	Plum, walnut halves (135 calories)	Grilled Pizza with Summer Squash, Feta & Basil (418 calories)	1,507 calories
12	Low-fat Greek yogurt, peach, walnuts (320 calories)	Raspberries (64 calories)	Spicy Slaw Bowls with Shrimp & Edamame (364 calories)	Plum, almonds (237 calories)	One-Pot Chicken Pesto Pasta with Asparagus (518 calories)	1,502 calories
13	Spinach, Peanut Butter & Banana Smoothie (324 calories)	Blackberries (62 calories)	One-Pot Chicken Pesto Pasta with Asparagus (518 calories)	Almonds (206 calories)	Better-Than-Takeout Burgers with Sweet Potato Fries (408 calories)	1,518 calories
14	Low-fat Greek yogurt, peach, walnuts (320 calories)	Low-fat Greek yogurt, blackberries (165 calories)	One-Pot Chicken Pesto Pasta with Asparagus (518 calories)	Raspberries (64 calories)	Cobb Salad with Herb-Rubbed Chicken (412 calories)	1,479 calories
15	Spinach & Egg Scramble with Raspberries (296 calories)	Almonds (206 calories)	Green Salad with Edamame & Beets (325 calories)	Walnut halves, peach (274 calories)	Grilled Salmon & Vegetables, brown rice (405 calories)	1,506 calories
16	Cinnamon Roll Overnight Oats, Greek yogurt (321 calories)	Raspberries (64 calories)	Spinach & Strawberry Meal-Prep Salad (374 calories)	Blackberries, almonds (293 calories)	Chicken, Brussels Sprouts & Mushroom Salad (432 calories)	1,485 calories
17	Cinnamon Roll Overnight Oats, Greek yogurt (321 calories)	Blackberries, almonds (253 calories)	Spinach & Strawberry Meal-Prep Salad (374 calories)	Raspberries (64 calories)	Bruschetta Chicken Pasta (499 calories)	1,511 calories
18	Cinnamon Roll Overnight Oats, Greek yogurt (321 calories)	Peach (59 calories)	Spinach & Strawberry Meal-Prep Salad (374 calories)	Blackberries, Greek yogurt (167 calories)	Grilled Chicken Tacos with Slaw & Lime Crema, Guacamole Chopped Salad (584 calories)	1,505 calories
19	Cinnamon Roll Overnight Oats, Greek yogurt (321 calories)	Pear (131 calories)	Spinach & Strawberry Meal-Prep Salad (374 calories)	Blueberries, almonds (277 calories)	Spring Green Frittata, Cucumber & Avocado Salad (413 calories)	1,516 calories
20	Cinnamon Roll Overnight Oats, Greek yogurt (321 calories)	Plum, almonds (237 calories)	Veggie & Hummus Sandwich, peach (383 calories)	Raspberries (59 calories)	Peanut Zucchini Noodle Salad with Chicken, mixed greens, Citrus Vinaigrette (495 calories)	1,494 calories
21	Spinach & Egg Scramble with Raspberries (296 calories)	Almonds (206 calories)	Veggie & Hummus Sandwich, peach (383 calories)	Walnut halves (164 calories)	Speedy Crab Cakes, Citrus-Arugula Salad (449 calories)	1,498 calories
For ref. https://ilastouchofhealth.com/21-day-diet-plan-for-weight-loss/						
For a personalized weight loss diet plan, book an appointment https://ilastouchofhealth.com/weight-loss-diet/						