

Monday



Monday sets the tone for your week with protein-rich meals that keep you energized. This includes eggs and legumes to help you stay full.

Recipe	Calories
Spinach and Cheese Omelette	300
Avocado Toast on Whole Grain Bread	300
Chickpea and Vegetable Curry with Brown Rice	450
Lentil Soup with Steamed Broccoli	400
Greek Yogurt with Almonds and Blueberries	350

Breakfast: Spinach and Cheese Omelette

This fluffy omelette combines fresh spinach with melted cheese for a protein-packed start.

You'll love how the spinach wilts perfectly into the eggs, creating a satisfying meal.

Alternate Breakfast: Avocado Toast on Whole Grain Bread

Creamy avocado spread on toasted whole-grain bread gives you healthy fats and fiber. Add a pinch of salt and pepper for extra flavor that makes mornings better.

Lunch: Chickpea and Vegetable Curry with Brown Rice

This hearty curry features tender chickpeas simmered in aromatic spices with mixed vegetables. Served over brown rice, it's filling and packed with fiber to keep you satisfied all afternoon.

Dinner: Lentil Soup with Steamed Broccoli

Warm lentil soup provides plant-based protein, while the steamed broccoli adds vitamins and crunch.

This combination is comforting yet light, perfect for ending your day without feeling overly full.

Snacks: Greek Yogurt with Almonds and Blueberries

Creamy Greek yogurt topped with crunchy almonds and sweet blueberries hits all the right notes.

This snack keeps hunger at bay while delivering protein, healthy fats, and antioxidants throughout your day.

Tuesday



Tuesday keeps things simple with familiar flavors and easy-to-make meals. Focus on beans and tofu for protein. These meals prep quickly, which helps when your week gets busy.

Recipe	Calories
Oatmeal with Banana and Walnuts	350
Black Bean Burrito Bowl with Quinoa	450
Grilled Tofu with Roasted Vegetables	400
Apple with Peanut Butter	300

Breakfast: Oatmeal with Banana and Walnuts

Warm oatmeal topped with sliced banana and crunchy walnuts gives you lasting energy. The combination of complex carbs

and healthy fats keeps your morning hunger in check until lunch.

Lunch: Black Bean Burrito Bowl with Quinoa

This bowl layers fluffy quinoa with seasoned black beans, fresh veggies, and a squeeze of lime.

It's basically all the best parts of a burrito without the tortilla, making it lighter yet still incredibly satisfying.

Dinner: Grilled Tofu with Roasted Vegetables

Marinated tofu gets crispy on the grill while colorful vegetables roast until caramelized and tender.

You'll love how the smoky flavors come together, making this meal feel special even though it's super simple to prepare.

Snacks: Apple with Peanut Butter

Crisp apple slices paired with creamy peanut butter create the perfect sweet and savory snack.

This classic combination provides fiber and protein, helping you power through your afternoon without reaching for junk food.

Wednesday



Wednesday mixes things up with both egg and tofu options for breakfast. The variety will keep your taste buds interested mid-week.

Recipe	Calories
Scrambled Eggs with Tomatoes and Spinach	300
Tofu Scramble with Peppers and Onions	300
Lentil Salad with Mixed Greens and Feta	450
Vegetable Stir-Fry with Brown Rice	400
Mixed Berries and Cottage Cheese	350
Breakfast: Scrambled Eggs with Tomatoes and Spinach	

Soft scrambled eggs mixed with juicy tomatoes and wilted spinach make a colorful, nutritious breakfast.

The vegetables add volume without many calories, so you can eat a bigger portion and feel truly satisfied.

Alternate Breakfast: Tofu Scramble with Peppers and Onions

Crumbled tofu seasoned with turmeric mimics scrambled eggs while peppers and onions add sweetness and crunch.

This vegan option delivers protein and feels just as hearty as the egg version, plus it's completely plant-based.

Lunch: Lentil Salad with Mixed Greens and Feta

Tender lentils tossed with fresh greens, tangy feta cheese, and a light vinaigrette create a refreshing lunch.

The lentils provide protein and fiber, while the feta adds a salty kick that makes each bite more interesting.

Dinner: Vegetable Stir-Fry with Brown Rice

Crisp vegetables quickly cooked in a savory sauce over nutty brown rice make dinner fast and delicious.

Use whatever vegetables you have on hand, making this recipe flexible and great for using up produce before it goes bad.

Snacks: Mixed Berries and Cottage Cheese

Creamy cottage cheese topped with a colorful mix of fresh berries provides protein and natural sweetness.

This snack feels indulgent but keeps you on track with your calorie goals while satisfying your sweet tooth completely.

Thursday



Thursday brings Middle Eastern flavors with falafel and hummus to your plate. These meals are packed with flavor, so you won't miss meat at all.

Recipe	Calories
Smoothie Bowl with Berries, Chia Seeds, and Almond Butter	350
Falafel Wrap with Hummus and Salad	450
Eggplant Parmesan with Side Salad	400
Carrot Sticks with Hummus	300

Breakfast: Smoothie Bowl with Berries, Chia Seeds, and Almond Butter

This thick smoothie bowl topped with fresh berries, chia seeds, and almond butter feels like dessert for breakfast.

The chia seeds add omega-3s and create a pudding-like texture that's more filling than a regular smoothie you'd drink.

Lunch: Falafel Wrap with Hummus and Salad

Crispy falafel balls tucked into a whole wheat wrap with creamy hummus and crunchy vegetables make lunch exciting.

The combination of textures and the bold spices in the falafel creates a meal that's way more interesting than a plain sandwich.

Dinner: Eggplant Parmesan with Side Salad

Breaded eggplant slices baked with marinara sauce and melted cheese create a comforting Italian-inspired dinner.

The side salad adds freshness and helps you feel full without adding too many extra calories to your evening meal.

Snacks: Carrot Sticks with Hummus

Crunchy carrot sticks dipped in smooth, garlicky hummus make for a satisfying and nutritious snack.

This combination gives you vegetables and protein, while the act of dipping makes snacking feel more fun and less like a chore.

Friday



Friday deserves something a bit more indulgent, so include a veggie burger and pasta. Don't worry, they still fit your calorie goals. And honestly, ending the work week with comfort food just feels right.

Recipe	Calories
Greek Yogurt with Granola and Honey	350
Veggie Burger with Sweet Potato Fries	450
Pasta with Tomato Sauce and Parmesan	400
Orange and a Handful of Walnuts	300

Breakfast: Greek Yogurt with Granola and Honey

Thick Greek yogurt layered with crunchy granola and drizzled with golden honey creates a parfait-style breakfast.

The contrast between creamy and crunchy textures makes each spoonful interesting, and the honey adds just enough sweetness without overdoing it.

Lunch: Veggie Burger with Sweet Potato Fries

A hearty veggie burger on a whole wheat bun paired with crispy baked sweet potato fries feels like a treat.

This meal proves you can enjoy burger-and-fries vibes while sticking to your healthy eating plan without any guilt whatsoever.

Dinner: Pasta with Tomato Sauce and Parmesan

Al dente pasta tossed in a simple tomato sauce and topped with freshly grated Parmesan cheese is comfort food at its finest.

Keep the portion reasonable, but add extra vegetables to the sauce, so you get a full plate without breaking your calorie budget.

Snacks: Orange and a Handful of Walnuts

A juicy orange paired with a small handful of crunchy walnuts provides vitamin C and healthy fats together.

This simple snack combination keeps you satisfied between meals while giving your body the nutrients it needs to function.

Saturday



Saturday's meals feel a bit more leisurely with pancakes for breakfast and stuffed peppers for dinner. Weekends should feel special, and this menu definitely delivers on that promise.

Recipe	Calories
Whole Wheat Pancakes with Maple Syrup and Strawberries	350
Quinoa Salad with Chickpeas and Veggies	450
Stuffed Bell Peppers with Cheese and Rice	400
Apple Slices with Almond Butter	300

Breakfast: Whole Wheat Pancakes with Maple Syrup and Strawberries

Fluffy whole wheat pancakes drizzled with maple syrup and topped with fresh strawberries make Saturday morning feel like a celebration.

The whole wheat flour adds fiber, so these pancakes keep you fuller longer than the regular white flour version would.

Lunch: Quinoa Salad with Chickpeas and Veggies

Light and refreshing quinoa tossed with protein-rich chickpeas and colorful vegetables creates a perfect lunch for a busy Saturday.

The lemon dressing adds brightness, and you can eat this cold, making it great for picnics or eating on the go.

Dinner: Stuffed Bell Peppers with Cheese and Rice

Colorful bell peppers filled with seasoned rice, vegetables, and melted cheese bake into a beautiful, satisfying dinner.

Each pepper half is like a little package of goodness, and the presentation makes this meal feel fancy even though it's simple.

Snacks: Apple Slices with Almond Butter

Crisp apple slices spread with creamy almond butter provide natural sweetness and satisfying protein in every bite.

The almond butter has a richer, slightly sweeter taste than peanut butter, making this snack feel a little more special and indulgent.

Sunday



Sunday wraps up your week with cozy comfort foods like bagels and stroganoff. These meals feel indulgent but still keep you on track with your goals.

Recipe	Calories
Bagel with Cream Cheese and Tomato	350
Vegetable Soup with Whole Grain Bread	450
Mushroom Stroganoff with Noodles	400
Greek Yogurt with Mixed Nuts	300

Breakfast: Bagel with Cream Cheese and Tomato

A toasted bagel spread with cream cheese and topped with fresh tomato slices creates a classic, satisfying breakfast.

Use whole-grain bagels because they have more fiber, keeping you full until lunch while still giving you that chewy bagel texture.

Lunch: Vegetable Soup with Whole Grain Bread

Hearty vegetable soup loaded with carrots, celery, and beans pairs perfectly with crusty whole-grain bread for dipping.

This warming meal is especially comforting on lazy Sundays, and the soup is so filling you won't believe it's only 450 calories.

Dinner: Mushroom Stroganoff with Noodles

Creamy mushroom stroganoff served over egg noodles brings rich, earthy flavors to your dinner plate without any meat.

The sauce is velvety and indulgent, making this meal feel like something you'd order at a restaurant rather than a diet-friendly dinner.

Snacks: Greek Yogurt with Mixed Nuts

Protein-rich Greek yogurt topped with a variety of crunchy mixed nuts provides different textures and flavors in every spoonful.

This snack keeps your energy steady and helps you end your week strong, preparing you mentally for starting the whole cycle again tomorrow.