



The Supper Newsletter

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Here's a 2-week diet plan focused on reducing cholesterol levels:

Week 1:

Day 1:

- Breakfast: Oatmeal with sliced bananas and almonds
- Lunch: Grilled chicken salad with mixed greens, tomatoes, and cucumbers
- Dinner: Baked salmon with steamed broccoli and quinoa
- Snack: Apple slices with almond butter

Day 2:

- Breakfast: Greek yogurt with honey and walnuts
- Lunch: Lentil soup with a side of whole-grain bread
- Dinner: Turkey chili with kidney beans and a side of brown rice
- Snack: Carrot sticks with hummus

Day 3:

- Breakfast: Smoothie made with spinach, kale, banana, and almond milk
- Lunch: Tuna salad sandwich on whole-grain bread with lettuce and tomatoes
- Dinner: Stir-fried tofu with mixed vegetables and brown rice
- Snack: Trail mix with nuts and dried fruits

Day 4:

- Breakfast: Whole-grain toast with avocado spread and a side of grapefruit
- Lunch: Chickpea salad with mixed greens, bell peppers, and feta cheese
- Dinner: Grilled chicken breast with roasted Brussels sprouts and quinoa
- Snack: Cottage cheese with pineapple chunks

Day 5:

- Breakfast: Scrambled eggs with spinach and whole-grain toast
- Lunch: Spinach and strawberry salad with grilled chicken
- Dinner: Baked cod with roasted asparagus and sweet potato
- Snack: Banana with almond butter

Day 6:

- Breakfast: Whole-grain pancakes with blueberries and a side of Greek yogurt
- Lunch: Turkey and avocado wrap with whole-grain tortilla
- Dinner: Lentil and vegetable stew
- Snack: Celery sticks with peanut butter

Day 7:

- Breakfast: Whole-grain waffles with strawberries and a side of Greek yogurt
- Lunch: Quinoa salad with black beans, corn, and tomatoes
- Dinner: Grilled shrimp with steamed broccoli and brown rice
- Snack: Mixed berries with a dollop of Greek yogurt

Week 2: Repeat Week 1, making adjustments as needed based on your preferences and dietary requirements. Avoid high-cholesterol foods such as fried foods, processed meats, and full-fat dairy products. Instead, focus on incorporating more fruits, vegetables, whole grains, and lean proteins into your meals.