



21-Days Fat Loss and Protein Gain Meal Plan with Recipes



DAY 1

Breakfast

Scrambled eggs (3) with spinach and tomatoes

Lunch

Grilled chicken salad with mixed greens and vinaigrette

Snack

Greek yogurt (200g) with berries

Dinner

Baked salmon (150g) with quinoa (100g) and steamed broccoli

RECIPES

Breakfast: Scrambled Eggs with Spinach and Tomatoes

- Ingredients: 3 eggs, 1 cup spinach, 1/2 cup cherry tomatoes, salt, pepper, olive oil

INSTRUCTIONS:

- Heat olive oil in a pan over medium heat.
- Add spinach and tomatoes; sauté until spinach is wilted.
- Whisk eggs in a bowl, season with salt and pepper, then pour into the pan.
- Cook, stirring gently, until eggs are set.

Snack : Greek Yogurt with Berries

- Ingredients: 200g Greek yogurt, 1/2 cup mixed berries

INSTRUCTIONS: Combine yogurt and berries in a bowl.

Lunch: Grilled Chicken Salad

- Ingredients: 150g grilled chicken breast, mixed greens, cherry tomatoes, cucumber, vinaigrette

INSTRUCTIONS:

- Grill chicken until cooked through and slice.
- Toss mixed greens, tomatoes, cucumber, and chicken with vinaigrette.

Dinner: Baked Salmon with Quinoa and Steamed Broccoli

- Ingredients: 150g salmon, 100g quinoa, 1 cup broccoli, lemon, olive oil, salt, pepper

INSTRUCTIONS:

- Preheat oven to 375°F (190°C). Season salmon with lemon, olive oil, salt, and pepper; bake for 15-20 minutes.
- Cook quinoa according to package instructions.
- Steam broccoli until tender.

DAY 2

Breakfast

Oatmeal (50g) with protein powder and banana

Lunch

Turkey wrap with whole grain tortilla and veggies

Snacks

Cottage cheese (200g) with pineapple

Dinner

Stir-fried tofu with mixed vegetables and brown rice (100g)



RECIPES

Breakfast: Oatmeal with Protein Powder and Banana

- **Ingredients:** 50g oats, 1 scoop protein powder, 1 banana, almond milk

Instructions:

- a. Cook oats in almond milk as per package instructions.
- b. Stir in protein powder and top with sliced banana.

Snack: Cottage Cheese with Pineapple

- **Ingredients:** 200g cottage cheese, 1/2 cup pineapple chunks

Instructions: Combine in a bowl.

Lunch: Turkey Wrap

- **Ingredients:** Whole grain tortilla, 150g turkey, mixed veggies (lettuce, tomato, cucumber), mustard

Instructions:

Layer turkey and veggies on tortilla, spread mustard, and roll tightly.

Dinner: Stir-Fried Tofu with Mixed Vegetables and Brown Rice

- **Ingredients:** 150g tofu, 2 cups mixed vegetables (bell peppers, broccoli, carrots), 100g brown rice, soy sauce

Instructions:

- a. Cook brown rice according to package instructions.
- b. Stir-fry tofu and vegetables in a pan with soy sauce until cooked.

DAY 3

Breakfast

- Smoothie with protein powder, spinach, Quinoa salad with chickpeas, cucumber, and almond milk

Lunch

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Snacks

Apple with peanut butter

Dinner

Grilled shrimp (150g) with zucchini noodles

RECIPES

Breakfast: Smoothie with Protein Powder, Spinach, and Almond Milk

- **Ingredients:** 1 scoop protein powder, 1 cup spinach, 1 banana, 1 cup almond milk

Instructions: Blend all ingredients until smooth.

Snack: Apple with Peanut Butter

- **Ingredients:** 1 apple, 2 tbsp peanut butter

Instructions: Slice apple and serve with peanut butter.

Lunch: Quinoa Salad with Chickpeas, Cucumber, and Feta

- **Ingredients:** 100g cooked quinoa, 1/2 cup chickpeas, 1/2 cucumber, 50g feta, olive oil, lemon juice

Instructions:

- Mix all ingredients in a bowl and drizzle with olive oil and lemon juice.



Dinner: Grilled Shrimp with Zucchini Noodles

- **Ingredients:** 150g shrimp, 2 zucchinis, garlic, olive oil, salt, pepper

Instructions:

- Spiralize zucchini into noodles.
- Sauté shrimp with garlic in olive oil, season with salt and pepper, and serve over zucchini noodles.

DAY 4

Breakfast

Whole grain toast with avocado and poached egg

Lunch

Lentil soup with a side of whole grain bread

Snack

Celery sticks with cream cheese

Dinner

Beef stir-fry with bell peppers and brown rice (100g)

RECIPES

Breakfast: Whole Grain Toast with Avocado and Poached Egg

- **Ingredients:** 1 slice whole grain bread, 1/2 avocado, 1 egg

Instructions:

Toast bread, mash avocado on top, and poach the egg to place on top.

Snack: Celery Sticks with Cream Cheese

- **Ingredients:** 1 cup celery sticks, 2 tbsp cream cheese

Instructions: Serve together.

- **Lunch: Lentil Soup with Whole Grain Bread**

Ingredients: 1 cup lentils, 1 carrot, 1 onion, 2 cups vegetable broth, spices

- **Instructions:** Sauté onion and carrot, add lentils and broth, simmer until lentils are tender.

Dinner: Beef Stir-Fry with Bell Peppers and Brown Rice

- **Ingredients:** 150g beef, 1 bell pepper, 100g brown rice, soy sauce

Instructions:

- Cook brown rice.
- Stir-fry beef and bell pepper in a pan, add soy sauce, and serve over rice.

DAY 5

Breakfast

Protein pancakes with maple syrup

Lunch

Chicken breast (150g) with sweet potato (100g) and green beans

Snacks

Greek yogurt with honey

Dinner

Baked cod (150g) with asparagus



RECIPES

Breakfast: Protein Pancakes with Maple Syrup

- **Ingredients:** 1 cup oats, 1 scoop protein powder, 1 banana, 2 eggs
- **Instructions:**
- Blend all ingredients, cook on a skillet until golden brown, and serve with maple syrup.

Snack 1: Greek Yogurt with Honey

- **Ingredients:** 200g Greek yogurt, 1 tbsp honey
- **Instructions:** Combine in a bowl.

Lunch: Chicken Breast with Sweet Potato and Green Beans

- **Ingredients:** 150g chicken breast, 100g sweet potato, 1 cup green beans
- **Instructions:**
- Bake chicken and sweet potato at 375°F (190°C) until cooked through.
- Steam green beans.

Dinner: Baked Cod with Asparagus

- **Ingredients:** 150g cod, 1 cup asparagus, lemon, olive oil, salt, pepper
- **Instructions:**
- Preheat oven to 375°F (190°C). Season cod and asparagus with olive oil, lemon, salt, and pepper; bake for 15-20 minutes.

DAY 6

Breakfast

Chia seed pudding with almond milk and berries

Lunch

Quinoa bowl with black beans and avocado

Snacks

Sliced bell peppers with guacamole

Dinner

Grilled turkey burger (no bun) with a side salad

RECIPES

Breakfast: Chia Seed Pudding with Almond Milk and Berries

- **Ingredients:** 1/4 cup chia seeds, 1 cup almond milk, 1/2 cup berries
- **Instructions:**
- Mix chia seeds and almond milk, refrigerate overnight. Top with berries before serving.

Snack: Sliced Bell Peppers with Guacamole

- **Ingredients:** 1 bell pepper, 1/2 cup guacamole
- **Instructions:** Serve together

Lunch: Quinoa Bowl with Black Beans and Avocado

- **Ingredients:** 100g cooked quinoa, 1/2 cup black beans, 1/2 avocado, lime, cilantro
- **Instructions:**
- Mix all ingredients in a bowl and squeeze lime juice over top.

Dinner: Grilled Turkey Burger (No Bun) with Side Salad

- **Ingredients:** 150g ground turkey, mixed greens, cherry tomatoes, vinaigrette
- **Instructions:**
- Form turkey into a patty and grill until cooked through.



- Serve with a side salad.

DAY 7

Breakfast

Smoothie bowl with protein powder, banana, and granola

Lunch

Spinach salad with grilled chicken and nuts

Snack

Cottage cheese with berries

Dinner

Roast chicken (150g) with Brussels sprouts

RECIPES

Breakfast: Smoothie Bowl with Protein Powder, Banana, and Granola

- **Ingredients:** 1 scoop protein powder, 1 banana, 1 cup almond milk, granola
- Instructions:**
Blend protein powder, banana, and almond milk, pour into a bowl, and top with granola.

Snack: Cottage Cheese with Berries

- **Ingredients:** 200g cottage cheese, 1/2 cup berries
- Instructions:** Combine in a bowl.

Lunch: Spinach Salad with Grilled Chicken and Nuts

- **Ingredients:** 150g grilled chicken, 2 cups spinach, 30g nuts, vinaigrette
- Instructions:**
Toss spinach, chicken, nuts, and vinaigrette in a bowl.

Dinner: Roast Chicken with Brussels Sprouts

- **Ingredients:** 150g roast chicken, 1 cup Brussels sprouts, olive oil, salt, pepper
- Instructions:**
Roast chicken until cooked through.
Toss Brussels sprouts in olive oil, salt, and pepper; roast alongside chicken.

DAY 8

Breakfast

Overnight oats with protein powder and chia seeds

Lunch

Tuna salad with mixed greens

Snacks

Baby carrots with hummus

Dinner

Grilled pork tenderloin (150g) with roasted vegetables

RECIPES

Breakfast: Overnight Oats with Protein Powder and Chia Seeds

- **Ingredients:** 1/2 cup oats, 1 scoop protein powder, 1 tbsp chia seeds, 1 cup almond milk, 1/2 banana
- **Instructions:**
 - Combine oats, protein powder, chia seeds, and almond milk in a jar.
 - Stir well and refrigerate overnight. Top with sliced banana before serving.

Snack: Baby Carrots with Hummus

- **Ingredients:** 1 cup baby carrots, 1/4 cup hummus



Instructions: Serve together.

Lunch: Tuna Salad with Mixed Greens

- **Ingredients:** 1 can tuna (drained), 2 cups mixed greens, 1/2 cucumber, 1/4 red onion, vinaigrette

Instructions:

- a. Mix tuna with chopped vegetables and vinaigrette. Serve over mixed greens.

Dinner: Grilled Pork Tenderloin with Roasted Vegetables

- **Ingredients:** 150g pork tenderloin, 2 cups mixed vegetables (zucchini, bell peppers, carrots), olive oil, salt, pepper

Instructions:

- a. Preheat oven to 400°F (200°C). Season pork with salt and pepper and grill until cooked through.
- b. Toss vegetables in olive oil, salt, and pepper; roast for 20-25 minutes.

DAY 9

Breakfast

Egg white omelet with mushrooms and peppers

Lunch

Chicken Caesar salad (light dressing)

Snacks

Greek yogurt with granola

Dinner

Baked tilapia (150g) with quinoa (100g)

RECIPES

Breakfast: Egg White Omelet with Mushrooms and Peppers

- **Ingredients:** 4 egg whites, 1/2 cup mushrooms, 1/2 bell pepper, salt, pepper, olive oil

Instructions:

- a. Sauté mushrooms and peppers in olive oil until soft.
- b. Pour in egg whites, season, and cook until set.

Snack: Greek Yogurt with Granola

- **Ingredients:** 200g Greek yogurt, 1/4 cup granola

Instructions: Combine in a bowl.

Lunch: Chicken Caesar Salad

- **Ingredients:** 150g grilled chicken, 2 cups romaine lettuce, Caesar dressing (light), croutons

Instructions:

- a. Toss lettuce with chicken, dressing, and croutons.

Dinner: Baked Tilapia with Quinoa

- **Ingredients:** 150g tilapia, 100g quinoa, lemon, olive oil, salt, pepper

Instructions:

- a. Preheat oven to 375°F (190°C). Season tilapia and bake for 15-20 minutes.
- b. Cook quinoa according to package instructions.



DAY 10

Breakfast:

Smoothie with spinach, protein powder, and berries

Lunch

Turkey and avocado wrap

Snack

Cottage cheese with sliced peaches

Dinner

Beef tacos in lettuce wraps

RECIPES

Breakfast: Smoothie with Spinach, Protein Powder, and Berries

- **Ingredients:** 1 scoop protein powder, 1 cup spinach, 1 cup mixed berries, 1 cup almond milk
- Instructions:** Blend all ingredients until smooth.

Snack: Cottage Cheese with Sliced Peaches

- **Ingredients:** 200g cottage cheese, 1 peach (sliced)
- Instructions:** Combine in a bowl.

Lunch: Turkey and Avocado Wrap

- **Ingredients:** Whole grain tortilla, 150g turkey, 1/2 avocado, mixed greens
- Instructions:**
- a. Layer turkey, avocado, and greens on tortilla, then roll tightly.

Dinner: Beef Tacos in Lettuce Wraps

- **Ingredients:** 150g ground beef, taco seasoning, lettuce leaves, diced tomatoes, cheese
- Instructions:**
- a. Cook beef with taco seasoning. Serve in lettuce leaves topped with tomatoes and cheese.

DAY 11

Breakfast

Whole grain toast with almond butter and banana

Lunch

Grilled chicken with brown rice (100g) and broccoli

Snacks

Sliced apple with peanut butter

Dinner

Shrimp stir-fry with mixed vegetables

RECIPES

Breakfast: Whole Grain Toast with Almond Butter and Banana

- **Ingredients:** 1 slice whole grain bread, 2 tbsp almond butter, 1 banana
- Instructions:** Toast bread, spread almond butter, and top with banana slices.

Snack: Sliced Apple with Peanut Butter

- **Ingredients:** 1 apple, 2 tbsp peanut butter
- Instructions:** Slice apple and serve with peanut butter.

Lunch: Grilled Chicken with Brown Rice and Broccoli

- **Ingredients:** 150g grilled chicken, 100g brown rice, 1 cup broccoli
- Instructions:**
- a. Grill chicken until cooked through.
 - b. Cook brown rice and steam broccoli.



Dinner: Shrimp Stir-Fry with Mixed Vegetables

- **Ingredients:** 150g shrimp, 2 cups mixed vegetables (snap peas, carrots, bell peppers), soy sauce
- **Instructions:**
 - a. Stir-fry shrimp and vegetables in a pan with soy sauce until cooked.

DAY 12

Breakfast

Greek yogurt with honey and walnuts

Lunch

Lentil salad with feta and spinach

Snacks

Celery sticks with cream cheese

Dinner

Grilled lamb chops (150g) with asparagus

RECIPES

Breakfast: Greek Yogurt with Honey and Walnuts

- **Ingredients:** 200g Greek yogurt, 1 tbsp honey, 30g walnuts
- **Instructions:** Combine yogurt, honey, and walnuts in a bowl.

Snack: Celery Sticks with Cream Cheese

- **Ingredients:** 1 cup celery sticks, 2 tbsp cream cheese
- **Instructions:** Serve together.

Lunch: Lentil Salad with Feta and Spinach

- **Ingredients:** 1 cup cooked lentils, 2 cups spinach, 50g feta, olive oil, lemon juice
- **Instructions:**
 - a. Mix all ingredients together in a bowl.

Dinner: Grilled Lamb Chops with Asparagus

- **Ingredients:** 150g lamb chops, 1 cup asparagus, olive oil, salt, pepper
- **Instructions:**
 - a. Season lamb and grill until cooked through.
 - b. Toss asparagus in olive oil, salt, and pepper; grill or roast until tender.

DAY 13

Breakfast

Protein pancakes with fresh fruit

Lunch

Quinoa bowl with grilled vegetables

Snack

Sliced cucumbers with tzatziki

Dinner

Baked chicken thighs (150g) with roasted sweet potatoes

RECIPES

Breakfast: Protein Pancakes with Fresh Fruit

- **Ingredients:** 1 cup oats, 1 scoop protein powder, 1 banana, 2 eggs
- **Instructions:**
 - a. Blend all ingredients and cook on a skillet until golden brown. Serve with fresh fruit.

Snack: Sliced Cucumbers with Tzatziki

- **Ingredients:** 1 cucumber, 1/2 cup tzatziki
- **Instructions:** Serve together.



- Lunch: Quinoa Bowl with Grilled Vegetables
- Ingredients: 100g cooked quinoa, 2 cups grilled vegetables (zucchini, bell peppers, onions)
- Instructions:
 - a. Combine quinoa and grilled vegetables in a bowl.
- Dinner: Baked Chicken Thighs with Roasted Sweet Potatoes
- Ingredients: 150g chicken thighs, 100g sweet potatoes, olive oil, salt, pepper
- Instructions: Preheat oven to 375°F (190°C). Season chicken and sweet potatoes, bake for 25-30 minutes.

DAY 14

Breakfast

Smoothie bowl with protein powder and granola

Lunch

Spinach salad with tuna and chickpeas

Snacks

Almonds (30g)

Dinner

Grilled steak (150g) with steamed broccoli

RECIPES

Breakfast: Smoothie Bowl with Protein Powder and Granola

- Ingredients: 1 scoop protein powder, 1 banana, 1 cup almond milk, granola
- Instructions:
- a. Blend protein powder, banana, and almond milk until smooth. Pour into a bowl and top with granola.

Snack: Almonds

- Ingredients: 30g almonds
- Instructions: Serve as is.

Lunch: Spinach Salad with Tuna and Chickpeas

- Ingredients: 1 can tuna (drained), 1 cup chickpeas, 2 cups spinach, vinaigrette
- Instructions:
- a. Mix all ingredients in a bowl and toss with vinaigrette.

Dinner: Grilled Steak with Steamed Broccoli

- Ingredients: 150g steak, 1 cup broccoli, olive oil, salt, pepper
- Instructions:
- a. Grill steak to desired doneness.
Steam broccoli and drizzle with olive oil, salt, and pepper.

DAY 15

Breakfast

Overnight oats with protein powder and chia seeds

Lunch

Chicken stir-fry with mixed vegetables

Snacks

Baby carrots with hummus

Dinner

Baked salmon (150g) with quinoa (100g)



RECIPES

- **Breakfast: Overnight Oats with Protein Powder and Chia Seeds**
- **Ingredients:** 1/2 cup oats, 1 scoop protein powder, 1 tbsp chia seeds, 1 cup almond milk, 1/2 banana
- **Instructions:**
 - a. Combine oats, protein powder, chia seeds, and almond milk in a jar.
 - b. Stir well and refrigerate overnight. Top with sliced banana before serving.

- **Snack: Baby Carrots with Hummus**
- **Ingredients:** 1 cup baby carrots, 1/4 cup hummus
- **Instructions:** Serve together.

- **Lunch: Chicken Stir-Fry with Mixed Vegetables**
- **Ingredients:** 150g chicken breast, 2 cups mixed vegetables (carrots, bell peppers, snap peas), soy sauce
- **Instructions:**
 - a. Stir-fry chicken and vegetables in a pan with soy sauce until cooked.

- **Dinner: Baked Salmon with Quinoa**
- **Ingredients:** 150g salmon, 100g quinoa, olive oil, lemon, salt, pepper
- **Instructions:**
 - a. Preheat oven to 375°F (190°C). Season salmon and bake for 15-20 minutes.
 - b. Cook quinoa according to package instructions.

DAY 16

Breakfast: Homemade Egg McMuffinn

Egg white omelet with spinach and tomatoes

Lunch

Turkey wrap with whole grain tortilla

Snack

Sliced bell peppers with guacamole

Dinner

Grilled shrimp (150g) with brown rice (100g)

RECIPES

Breakfast: Egg White Omelet with Spinach and Tomatoes

- **Ingredients:** 4 egg whites, 1 cup spinach, 1/2 cup cherry tomatoes, salt, pepper, olive oil
- **Instructions:**
 - a. Sauté spinach and tomatoes in olive oil until soft.
 - b. Pour in egg whites, season, and cook until set.

Snack: Sliced Bell Peppers with Guacamole

- **Ingredients:** 1 bell pepper, 1/2 cup guacamole
- **Instructions:** Serve together.



Lunch: Turkey Wrap with Whole Grain Tortilla

- Ingredients: Whole grain tortilla, 150g turkey, mixed veggies (lettuce, tomato, cucumber), mustard
- Instructions:
 - a. Layer turkey and veggies on tortilla, spread mustard, and roll tightly.

Dinner: Grilled Shrimp with Brown Rice

- Ingredients: 150g shrimp, 100g brown rice, garlic, olive oil, salt, pepper
- Instructions:
 - a. Cook brown rice according to package instructions.
 - b. Sauté shrimp with garlic in olive oil, season with salt and pepper, and serve over rice.

DAY 17

Breakfast

Smoothie with protein powder, spinach, and almond milk

Lunch

Lentil soup with whole grain bread

Snacks

Protein shake

Dinner

Grilled chicken breast (150g) with roasted vegetable

RECIPES

Breakfast: Smoothie with Protein Powder, Spinach, and Almond Milk

- Ingredients: 1 scoop protein powder, 1 cup spinach, 1 banana, 1 cup almond milk
- Instructions: Blend all ingredients until smooth.

Snack: Protein Shake

- Ingredients: 1 scoop protein powder, 1 cup almond milk
- Instructions: Blend until smooth.

Lunch: Lentil Soup with Whole Grain Bread

- Ingredients: 1 cup lentils, 1 carrot, 1 onion, 2 cups vegetable broth, spices
- Instructions:
 - a. Sauté onion and carrot, add lentils and broth, simmer until lentils are tender.

Dinner: Grilled Chicken Breast with Roasted Vegetables

- Ingredients: 150g chicken breast, 2 cups mixed vegetables (zucchini, bell peppers, carrots), olive oil, pepper
- Instructions:
 - a. Grill chicken until cooked through.
 - b. Toss vegetables in olive oil, salt, and pepper; roast for 20-25 minutes.

DAY 18

Breakfast

Whole grain toast with avocado and poached egg

Lunch

Quinoa salad with chickpeas and cucumber

Snacks

Celery sticks with cream cheese

Dinner

Beef stir-fry with bell peppers and brown rice (100g)

RECIPES

Breakfast: Whole Grain Toast with Avocado and Poached Egg

- Ingredients: 1 slice whole grain bread, 1/2 avocado, 1 egg



- **Instructions:**
 - a. Toast bread, mash avocado on top, and poach the egg to place on top.
- **Snack: Celery Sticks with Cream Cheese**
- **Ingredients:** 1 cup celery sticks, 2 tbsp cream cheese
- **Instructions:** Serve together.
- **Lunch: Quinoa Salad with Chickpeas and Cucumber**
- **Ingredients:** 100g cooked quinoa, 1/2 cup chickpeas, 1/2 cucumber, olive oil, lemon juice
- **Instructions:**
 - a. Mix all ingredients in a bowl and drizzle with olive oil and lemon juice.
- **Dinner: Beef Stir-Fry with Bell Peppers and Brown Rice**
- **Ingredients:** 150g beef, 1 bell pepper, 100g brown rice, soy sauce
- **Instructions:**
 - a. Cook brown rice.
 - b. Stir-fry beef and bell pepper in a pan, add soy sauce, and serve over rice.

DAY 19

Breakfast

Chia seed pudding with almond milk and berries

Lunch

Spinach salad with grilled chicken and nuts

Snack

Sliced apple with peanut butter

Dinner

Roast chicken (150g) with Brussels sprouts

RECIPES

- **Breakfast: Chia Seed Pudding with Almond Milk and Berries**
- **Ingredients:** 1/4 cup chia seeds, 1 cup almond milk, 1/2 cup berries
- **Instructions:**
 - a. Mix chia seeds and almond milk, refrigerate overnight. Top with berries before serving.
- **Snack: Sliced Apple with Peanut Butter**
- **Ingredients:** 1 apple, 2 tbsp peanut butter
- **Instructions:** Slice apple and serve with peanut butter.
- **Lunch: Spinach Salad with Grilled Chicken and Nuts**
- **Ingredients:** 150g grilled chicken, 2 cups spinach, 30g nuts, vinaigrette
- **Instructions:**
 - a. Toss spinach, chicken, nuts, and vinaigrette in a bowl.



- **Dinner: Roast Chicken with Brussels Sprouts**
- **Ingredients:** 150g roast chicken, 1 cup Brussels sprouts, olive oil, salt, pepper
- **Instructions:**
 - a. Roast chicken until cooked through.
 - b. Toss Brussels sprouts in olive oil, salt, and pepper; roast alongside chicken.

DAY 20

Breakfast

Protein pancakes with maple syrup

Lunch

Tuna salad with mixed greens

Snacks

Greek yogurt with granola

Dinner

Baked cod (150g) with asparagus

RECIPES

- **Breakfast: Protein Pancakes with Maple Syrup**
- **Ingredients:** 1 cup oats, 1 scoop protein powder, 1 banana, 2 eggs
- **Instructions:**
 - a. Blend all ingredients, cook on a skillet until golden brown, and serve with maple syrup.
- **Snack: Greek Yogurt with Granola**
- **Ingredients:** 200g Greek yogurt, 1/4 cup granola
- **Instructions:** Combine in a bowl.
- **Lunch: Tuna Salad with Mixed Greens**
- **Ingredients:** 1 can tuna (drained), 2 cups mixed greens, 1/2 cucumber, 1/4 red onion, vinaigrette
- **Instructions:**
 - a. Mix tuna with chopped vegetables and vinaigrette. Serve over mixed greens.
- **Dinner: Baked Cod with Asparagus**
- **Ingredients:** 150g cod, 1 cup asparagus, lemon, olive oil, salt, pepper
- **Instructions:**
 - a. Preheat oven to 375°F (190°C). Season cod and asparagus with olive oil, lemon, salt, and pepper; bake for 15-20 minutes.



DAY 21

Breakfast

Smoothie bowl with protein powder, banana, and granola

Lunch

Caesar salad (light dressing)

Snacks

Mixed nuts (30g)

Dinner

Grilled turkey burger (no bun) with a side salad

RECIPES

- **Breakfast: Smoothie Bowl with Protein Powder, Banana, and Granola**
- **Ingredients:** 1 scoop protein powder, 1 banana, 1 cup almond milk, granola
- **Instructions:**
 - a. Blend protein powder, banana, and almond milk until smooth. Pour into a bowl and top with granola.
- **Snack: Mixed Nuts**
- **Ingredients:** 30g mixed nuts
- **Instructions:** Serve as is.
- **Lunch: Chicken Caesar Salad**
- **Ingredients:** 150g grilled chicken, 2 cups romaine lettuce, Caesar dressing (light), croutons
- **Instructions:**
 - a. Toss lettuce with chicken, dressing, and croutons.
- **Dinner: Grilled Turkey Burger (No Bun) with a Side Salad**
- **Ingredients:** 150g ground turkey, mixed greens, cherry tomatoes, vinaigrette
- **Instructions:**
 - a. Form turkey into a patty and grill until cooked through.
 - b. Serve with a side salad.

Tips for Success

- **Hydration:** Drink plenty of water throughout the day.
- **Meal Prep:** Prepare meals in advance to stay on track.
- **Adjust Portions:** Modify portion sizes based on your specific caloric needs.
- **Exercise:** Combine this meal plan with a regular exercise routine for optimal results.

