
Healthy Diet Plan

Objective: To provide a balanced diet with a variety of foods to support overall health and well-being.

Daily Caloric Intake: Adjust based on personal needs, activity level, and dietary goals (typically 1800-2200 kcal for average adults).

Macronutrient Ratio: Aim for about 50% carbohydrates, 20% protein, and 30% fats.

Day 1:

- **Breakfast:** Overnight oats made with rolled oats, chia seeds, almond milk, and topped with fresh berries.
- **Lunch:** Quinoa salad with chickpeas, cucumber, tomato, red onion, and a lemon-tahini dressing.
- **Dinner:** Grilled salmon with a side of roasted sweet potatoes and steamed broccoli.
- **Snacks:** Greek yogurt with a handful of walnuts.

Day 2:

- **Breakfast:** Smoothie with spinach, banana, protein powder, and unsweetened almond milk.
- **Lunch:** Turkey breast sandwich on whole grain bread with lettuce, tomato, and mustard. Side of carrot sticks.
- **Dinner:** Stir-fried tofu with a variety of vegetables (bell peppers, snap peas, carrots) over brown rice.
- **Snacks:** An apple with a tablespoon of peanut butter.

Day 3:

- **Breakfast:** Two poached eggs on a whole-grain English muffin with sliced avocado.
- **Lunch:** Lentil soup with a side salad dressed with vinaigrette.
- **Dinner:** Chicken breast baked with herbs, garlic, and olive oil, served with quinoa and steamed green beans.
- **Snacks:** A peach and a handful of almonds.

Day 4:

- **Breakfast:** Greek yogurt with granola and mixed berries.
- **Lunch:** Spinach salad with grilled shrimp, avocado, mango, and a citrus vinaigrette.
- **Dinner:** Beef stir-fry with vegetables served over whole-wheat noodles.
- **Snacks:** Cucumber slices with hummus.

Day 5:

- **Breakfast:** Whole grain cereal with milk and sliced banana.
- **Lunch:** Grilled chicken wrap with whole wheat tortilla, mixed greens, and Greek yogurt sauce.
- **Dinner:** Baked cod with a crust of crushed pistachios, side of asparagus, and a quinoa pilaf.
- **Snacks:** A pear and a string cheese.

Day 6:

- **Breakfast:** Scrambled eggs with spinach, mushrooms, and feta cheese.
- **Lunch:** Black bean burger on a whole grain bun with lettuce, tomato, and avocado.
- **Dinner:** Pork tenderloin with roasted Brussels sprouts and a sweet potato.
- **Snacks:** Mixed berries and a handful of pumpkin seeds.



Day 7:

- **Breakfast:** Cottage cheese with sliced pineapple and a sprinkle of flaxseeds.
- **Lunch:** Baked falafel with a side of tabbouleh and tzatziki sauce.
- **Dinner:** Roast chicken with mixed roasted vegetables (carrots, parsnips, beets).
- **Snacks:** An orange and a few walnuts.

General Guidelines:

- **Hydration:** Drink at least 8 cups of water throughout the day.
- **Moderation:** Limit high-sugar and high-fat foods, focusing on whole and minimally processed items.
- **Variety:** Rotate different foods in each food group to ensure a wide range of nutrients.
- **Portion Control:** Use smaller plates, bowls, and cups to help control portions