

DIET PLAN for WEIGHT LOSS



	Breakfast	Lunch	Dinner
Mon	Scrambled Egg Whites Avocado	Greens Salad with Shrimp	Coconut Crusted Chicken Veggies
Tues	Protein Smoothie	Tuna Salad Avocado	Spinach Turkey Meatballs Arugula Salad
Wed	Scrambled Egg Whites Gluten-Free Toast	Grilled Chicken Baked Avocado	Grilled Flank Steak Roasted Veggies
Thur	Veggie Frittata	Crunchy Cucumber Salad with Shrimp	Walnut Chicken Roasted Veggie
Fri	Egg White Omelet Avocado	Grilled Chicken Spinach Salad with Nuts	Orange Chicken with edamame
Sat	Egg Quiche Muffins	Stuffed Tomato With Chicken	Asian Turkey Lettuce Wraps Avocado
Sun	Oatmeal Casserole	Hearts & Avocado Salad & Chicken	Salmon Apricot Roasted Asparagus