

NutriAdmin

ChatGPT 7-day Meal Plan

Day 1:

- Breakfast: Greek Yogurt Parfait with fresh berries, sliced bananas, chia seeds, and a drizzle of honey.
- Lunch: Mediterranean Quinoa Bowl with roasted chickpeas, grilled chicken, cherry tomatoes, olives, and tzatziki sauce.
- Dinner: Baked Salmon with a side of quinoa, steamed broccoli, and sautéed spinach.

Day 2:

- Breakfast: Whole-grain Toast with avocado slices, cherry tomatoes, and a sprinkle of feta cheese.
- Lunch: Chickpea and Vegetable Stir-Fry with a mix of colorful bell peppers, zucchini, and cherry tomatoes, seasoned with turmeric and cumin.
- Dinner: Lentil and Vegetable Curry served over brown rice.

Day 3:

- Breakfast: Miso Soup with Tofu, seaweed, mushrooms, and green onions.
- Lunch: Quinoa and Black Bean Salad with corn, cherry tomatoes, avocado, and lime vinaigrette.
- Dinner: Grilled Chicken Salad with mixed greens, sliced apples, and toasted walnuts. Dress with olive oil and apple cider vinegar.

Day 4:

- Breakfast: Berry and Spinach Smoothie with Greek yogurt and ground flaxseeds.
- Lunch: Roasted Vegetable and Hummus Wrap with a mix of colorful roasted veggies on a whole-grain wrap.
- Dinner: Sautéed Shrimp with Garlic served over steamed broccoli, drizzled with olive oil, and sprinkled with crushed red pepper flakes.

Day 5:

- Breakfast: Whole-grain Oatmeal topped with sliced bananas, chopped almonds, and a dollop of Greek yogurt.
- Lunch: Mediterranean Quinoa Salad with cherry tomatoes, cucumber, red onion, feta cheese, and a lemon-herb dressing.
- Dinner: Grilled Sea Bass with a side of quinoa, grilled asparagus, and a Mediterranean salsa.

Day 6:

- Breakfast: Scrambled Eggs with spinach, tomatoes, and feta cheese.
- Lunch: Hummus and Veggie Plate with carrot sticks, cucumber slices, cherry tomatoes, and whole-grain crackers.
- Dinner: Quinoa-Stuffed Peppers with a filling of chickpeas, tomatoes, feta cheese, and Mediterranean spices.

Day 7:

- Breakfast: Mediterranean Breakfast Burrito with scrambled eggs, black beans, diced tomatoes, and avocado wrapped in a whole-grain tortilla.
- Lunch: Greek Chicken Souvlaki Skewers with a side of tabbouleh (quinoa, parsley, tomatoes, cucumber, lemon).
- Dinner: Baked Cod with a lemon-herb marinade, served alongside a chickpea and roasted vegetable medley.

Feel free to adjust portion sizes based on your individual needs and preferences. Remember to stay hydrated throughout the day, and consider incorporating healthy snacks like nuts, fresh fruit, or Greek yogurt as needed. Additionally, pay attention to your body's cues for hunger and fullness.