



February Weekly Meal Plan

February 1, 2025 - February 9, 2025

Day 1

- **Breakfast:** Oatmeal with berries and nuts
- **Lunch:** Grilled chicken salad with mixed greens and vinaigrette
- **Dinner:** Baked sweet potato with black beans, salsa, and avocado

Day 2

- **Breakfast:** Greek yogurt with granola and fruit
- **Lunch:** Leftover baked sweet potato and black bean salad
- **Dinner:** Salmon with roasted vegetables

Day 3

- **Breakfast:** Scrambled eggs with spinach and whole-wheat toast
- **Lunch:** Turkey and avocado sandwich on whole-grain bread
- **Dinner:** Chicken stir-fry with brown rice and vegetables

Day 4

- **Breakfast:** Smoothie with protein powder, banana, and spinach
- **Lunch:** Quinoa salad with chickpeas, cucumber, and tomatoes
- **Dinner:** Lentil soup with whole-grain bread

Day 5

- **Breakfast:** Whole-wheat pancakes with fruit and honey
- **Lunch:** Tuna salad with mixed greens and light dressing
- **Dinner:** Homemade pizza on whole-wheat crust with veggies

Day 6

- **Breakfast:** Overnight oats with chia seeds and berries
- **Lunch:** Leftover lentil soup
- **Dinner:** Vegetarian chili with cornbread

Day 7

- **Breakfast:** Eggs with whole-wheat toast and avocado

- **Lunch:** Salad with grilled shrimp or tofu and vegetables
- **Dinner:** Baked sweet potato fries with grilled chicken or fish

Don't Forget Snacks (Choose 2-3 per day)

- Fruits (apple, banana, orange, berries)
- Vegetables with hummus
- Nuts and seeds
- Hard-boiled eggs
- Greek yogurt
- Protein shake

Customize this plan to suit your dietary needs and consult with a dietitian for personalized advice.