

7-Day Weight Loss Meal Plan American Diet

Day 1

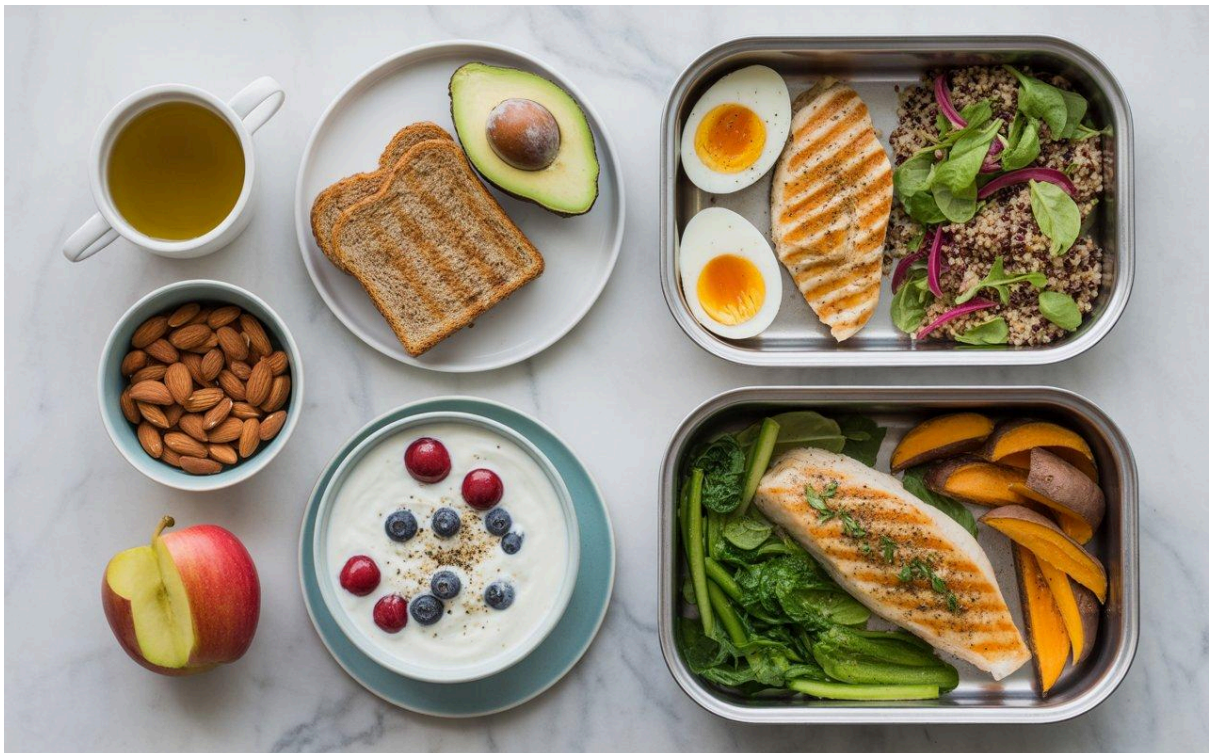
Breakfast: Greek yogurt with honey, mixed berries, and granola

Snack: Apple slices with peanut butter

Lunch: Grilled chicken salad with mixed greens, cherry tomatoes, cucumbers, avocado, and balsamic vinaigrette

Snack: Carrot sticks and hummus

Dinner: Baked salmon, quinoa, and steamed broccoli



Day 2

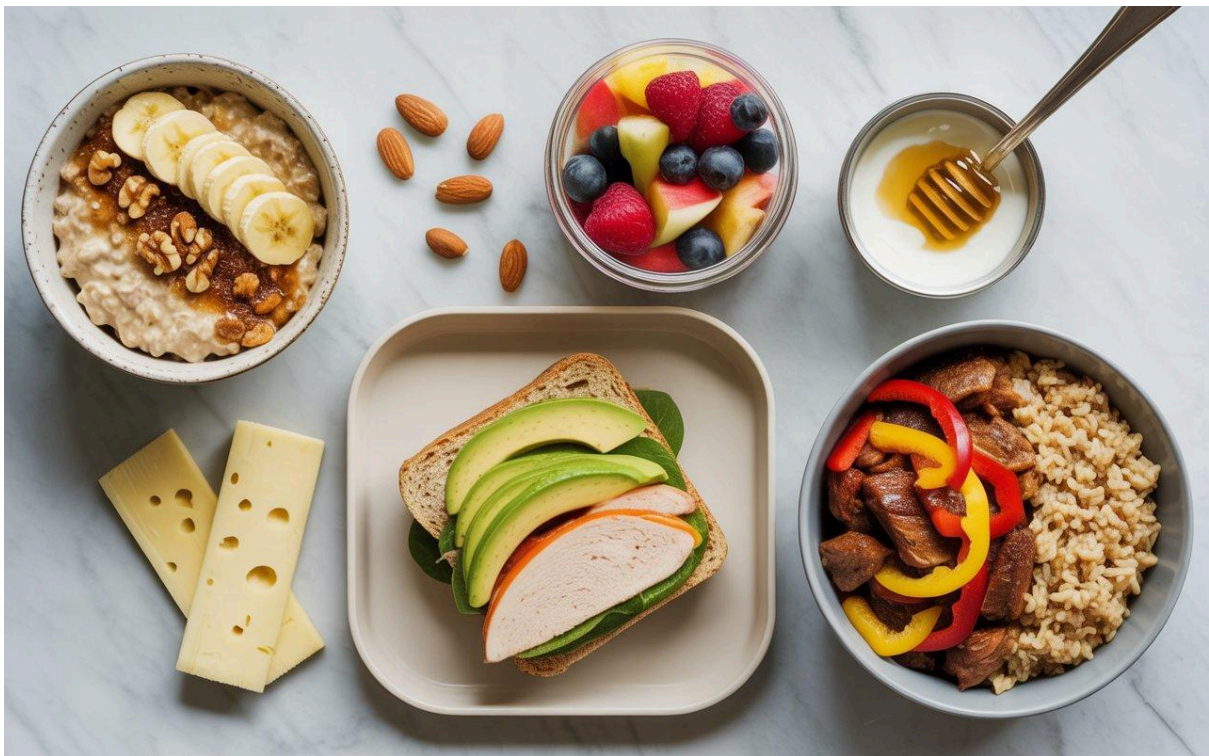
Breakfast: Oatmeal with banana, cinnamon, and a sprinkle of walnuts

Snack: String cheese and a handful of almonds

Lunch: Turkey and avocado sandwich on whole-grain bread with a side of mixed fruit

Snack: Greek yogurt with a drizzle of honey

Dinner: Lean beef stir-fry with bell peppers, onions, and brown rice



Day 3

Breakfast: Scrambled eggs with spinach and whole-grain toast

Snack: Fresh berries or an orange

Lunch: Quinoa salad with chickpeas, cucumber, tomatoes, feta, and lemon vinaigrette

Snack: Celery sticks with peanut butter

Dinner: Grilled chicken breast, roasted sweet potatoes, and green beans



Day 4

Breakfast: Smoothie with spinach, banana, almond milk, and protein powder

Snack: Trail mix (nuts, seeds, dried fruit)

Lunch: Tuna salad wrap with whole-wheat tortilla, lettuce, and tomatoes

Snack: Cottage cheese with pineapple

Dinner: Baked cod, wild rice, and roasted asparagus



Day 5

Breakfast: Whole-grain waffles topped with Greek yogurt and fresh berries

Snack: Hard-boiled eggs

Lunch: Chicken Caesar salad (light dressing) with whole-grain croutons

Snack: Sliced bell peppers with guacamole

Dinner: Turkey chili with black beans, served with a small side of cornbread



Day 6

Breakfast: Avocado toast with poached eggs and a side of cherry tomatoes

Snack: Apple with almond butter

Lunch: Grilled shrimp tacos with cabbage slaw and a lime yogurt sauce

Snack: Baby carrots with hummus

Dinner: Baked chicken thighs, roasted Brussels sprouts, and quinoa



Day 7

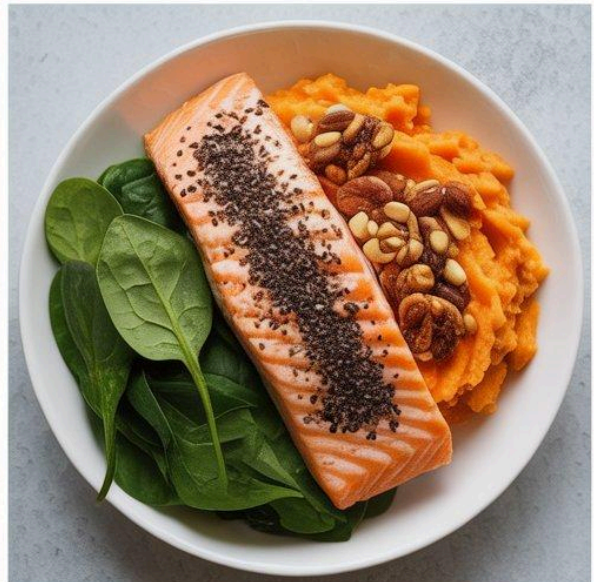
Breakfast: Smoothie bowl with mixed berries, granola, chia seeds, and a drizzle of honey

Snack: Greek yogurt with sliced strawberries

Lunch: Whole-grain pasta salad with grilled veggies and a light vinaigrette

Snack: Mixed nuts and a piece of dark chocolate

Dinner: Grilled salmon, mashed sweet potatoes, and sautéed spinach



✓ **Tips for USA-style eating:**

- Include lean proteins (chicken, fish, turkey, eggs).
- Incorporate plenty of vegetables and fruits.
- Opt for whole grains over refined grains.
- Limit processed snacks and sugary drinks.
- Drink plenty of water throughout the day.

