Meal Plan

Name: Alicia Poe	**Age:** 35
Height: 5'2"	**Weight:** 55kg

Relevant medical information (if needed):

None

Dietary goals:

Maintain a healthy weight

Restrictions:

None

Day/week	Breakfast	Lunch	Dinner	Snacks and/or dessert	Notes
Monday	Greek yogurt with mixed berries and granola	Quinoa salad with mixed veggies and grilled chicken	Grilled chicken with sweet potato wedges and steamed broccoli	Apple slices with almond butter	None
Tuesday	Scrambled eggs with sautéed spinach and whole grain toast	Turkey and avocado wrap with a side salad	Baked salmon with quinoa and asparagus	Hummus with carrot and cucumber sticks	None
Wednesday	Oatmeal with sliced bananas and almonds	Chickpea and spinach curry with quinoa	Grilled shrimp with brown rice and stir-fried vegetables	Mixed nuts and dried fruit	None
Thursday	Smoothie with spinach, banana, and protein powder	Caprese salad with whole grain crackers	Spaghetti with marinara sauce and a mixed green salad	Cheese and whole grain crackers	None
Friday	Whole grain pancakes with maple syrup and fruit	Lentil soup with whole grain bread	Grilled chicken with roasted Brussels sprouts and quinoa	Hard-boiled eggs	None
Saturday	Avocado toast with poached eggs and cherry tomatoes	Quinoa and black bean salad with corn and cherry tomatoes	Baked cod with lemon and herbs, quinoa, and steamed asparagus	Cottage cheese with pineapple chunks	None
Sunday	Cottage cheese with pineapple chunks and chia seeds	Turkey and vegetable stir-fry with brown rice	Beef stir-fry with broccoli and brown rice	Mixed berries with yogurt	None

Grocery list:
Greek yogurt Mixed berries Granola Quinoa Mixed vegetables Chicken breast Salmon fillets Sweet potatoes Broccoli Eggs Spinach Whole grain bread Lentils Whole grain pancakes mix Maple syrup Avocado Black beans
Additional notes:
None

Clinician's name: Jane Doe	
Clinician's signature: Jane Doe	**Date:** November 25, 2024