

WEIGHT LOSS DIET PLAN

WEEK 1

	BREAKFAST	LUNCH	SNACKS	DINNER
MON	Greek yogurt with berries	Quinoa salad with veggies	Apple slices with almond butter	Grilled chicken with steamed broccoli
TUE	Smoothie with spinach, banana, and protein powder	Turkey and avocado wrap	Carrot sticks with hummus	Baked salmon with asparagus
WED	Oatmeal with nuts and honey	Chickpea and veggie stir-fry	Greek yogurt with honey	Beef stir-fry with bell peppers
THU	Scrambled eggs with spinach	Lentil soup with whole-grain bread	Cottage cheese with pineapple	Shrimp and mixed vegetable stir-fry
FRI	Whole-grain toast with avocado	Grilled chicken salad	Mixed nuts	Stuffed bell peppers
SAT	Smoothie bowl with mixed fruits	Veggie wrap with hummus	Dark chocolate with almonds	Turkey meatballs with zucchini noodles
SUN	Greek yogurt with granola	Quinoa bowl with black beans and corn	Fresh fruit salad	Baked tilapia with sweet potato

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WEEK 2

	BREAKFAST	LUNCH	SNACKS	DINNER
MON	Overnight oats with chia seeds	Spinach and chicken salad	Celery sticks with peanut butter	Grilled tofu with vegetables
TUE	Smoothie with berries and almond milk	Quinoa and black bean bowl	Sliced cucumbers with hummus	Baked chicken with Brussels sprouts
WED	Greek yogurt with honey and walnuts	Turkey and vegetable stir-fry	Apple with almond butter	Grilled shrimp with brown rice
THU	Whole-grain toast with peanut butter	Lentil and spinach soup	Mixed berries	Beef and broccoli stir-fry
FRI	Scrambled eggs with tomatoes	Chickpea salad with cucumbers	Cottage cheese with fruit	Grilled salmon with quinoa
SAT	Smoothie bowl with nuts and seeds	Chicken wrap with avocado	Mixed nuts	Stuffed zucchini boats
SUN	Oatmeal with berries and honey	Veggie stir-fry with tofu	Fresh fruit salad	Baked cod with sweet potato

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WEEK 3

	BREAKFAST	LUNCH	SNACKS	DINNER
MON	Greek yogurt with berries and flax seeds	Quinoa salad with chickpeas	Apple slices with almond butter	Grilled chicken with green beans
TUE	Smoothie with spinach, banana, and almond milk	Turkey and hummus wrap	Carrot sticks with guacamole	Baked salmon with mixed vegetables
WED	Oatmeal with nuts and honey	Chickpea and veggie stir-fry	Greek yogurt with honey	Beef and vegetable kebabs
THU	Scrambled eggs with spinach	Lentil soup with whole-grain bread	Cottage cheese with pineapple	Shrimp and vegetable stir-fry
FRI	Whole-grain toast with avocado	Grilled chicken salad	Mixed nuts	Stuffed bell peppers
SAT	Smoothie bowl with mixed fruits	Veggie wrap with hummus	Dark chocolate with almonds	Turkey meatballs with zucchini noodles
SUN	Greek yogurt with granola	Quinoa bowl with black beans and corn	Fresh fruit salad	Baked tilapia with sweet potato

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WEEK 4

	BREAKFAST	LUNCH	SNACKS	DINNER
MON	Greek yogurt with berries	Quinoa salad with veggies	Apple slices with almond butter	Grilled chicken with steamed broccoli
TUE	Smoothie with spinach, banana, and protein powder	Turkey and avocado wrap	Carrot sticks with hummus	Baked salmon with asparagus
WED	Oatmeal with nuts and honey	Chickpea and veggie stir-fry	Greek yogurt with honey	Beef stir-fry with bell peppers
THU	Scrambled eggs with spinach	Lentil soup with whole-grain bread	Cottage cheese with pineapple	Shrimp and mixed vegetable stir-fry
FRI	Whole-grain toast with avocado	Grilled chicken salad	Mixed nuts	Stuffed bell peppers
SAT	Smoothie bowl with mixed fruits	Veggie wrap with hummus	Dark chocolate with almonds	Turkey meatballs with zucchini noodles
SUN	Greek yogurt with granola	Quinoa bowl with black beans and corn	Fresh fruit salad	Baked tilapia with sweet potato

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WEEK 1 - WEEK 4

	EXERCISE
MON	30 minutes of brisk walking or jogging
TUE	Bodyweight exercises: 3 sets of 15 squats, lunges, and push-ups
WED	Yoga or stretching for 30 minutes
THU	High-intensity interval training (HIIT): 20 minutes (1 minute of jumping jacks, 1 minute rest)
FRI	30 minutes of cycling or brisk walking
SAT	Core workout: 3 sets of 20 sit-ups, planks (1 minute), and leg raises
SUN	Rest day or gentle stretching