

NO-SUGAR, HIGH-PROTEIN SPRING MEAL PLAN

FROM: / / TO: / /

	BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
MON	Scrambled eggs with spinach and tomatoes	Greek yogurt with sliced almonds	Grilled chicken salad with vinaigrette	Carrot sticks + hummus	Baked salmon, quinoa & steamed broccoli
TUE	Overnight oats with chia & berries (no added sugar)	Boiled egg + cucumber slices	Turkey & avocado wrap (whole-grain tortilla)	Cottage cheese + pineapple chunks	Stir-fried tofu, brown rice, mixed veggies
WED	Protein smoothie with spinach, banana, almond milk	Almonds + small apple	Lentil soup + slice of whole-grain bread	Celery sticks with peanut butter	Grilled shrimp, couscous, roasted asparagus
THU	Greek yogurt parfait w/ granola & strawberries	Boiled egg + cherry tomatoes	Quinoa salad: black beans, corn, bell peppers	Pear slices + cheese cubes	Baked chicken breast, sweet potato, green beans
FRI	Omelette with mushrooms, onions, and feta	Trail mix (nuts & seeds)	Tuna salad lettuce wraps	Bell peppers with guacamole	Turkey meatballs, spaghetti squash, no-sugar marinara
SAT	Protein pancakes w/ blueberries (sugar-free syrup)	Cottage cheese + sliced peaches	Chickpea & veggie stir-fry	Boiled egg + grapes	Grilled steak, Brussels sprouts, mashed cauliflower
SUN	Smoothie bowl: protein powder, berries, flaxseed	Almond butter on whole-grain toast	Chicken Caesar salad (yogurt-based dressing)	Cucumber slices with tzatziki	Baked cod, wild rice, sautéed spinach

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