

Healthy Weight Loss Meal Plan

by Blog Chef

Day	Breakfast	Lunch	Snacks	Dinner
1	Scrambled eggs and toast	Lentil and bean salad	Mixed nuts and one orange + hummus and raw veggies	Quick-grill salmon and salad
2	Stuffed avocado	Mediterranean chickpea salad bowl	Oatcakes with nut butter and smoked salmon + cucumber slices with goat cheese	Singapore noodles
3	Crisp bread with avocado veggie and nut topping	Healthy kimchi stew with brown rice	Hummus and raw veggies + one boiled egg	Egg, ham, and tomato sandwich
4	Berry vegan smoothie	Mediterranean quinoa and vegetable salad	Rice cake with tzatziki and smoked salmon + mixed nuts and apple	Jamaican jerk chicken with black bean and sweet potato salad
5	Greek yogurt parfait	Quinoa vegetable bake	Homemade energy bar + apple slices with goat cheese	Kimchi jigae with brown rice
6	Rice cakes with Laughing Cow cheese and smoked salmon	Vegan black bean and avocado salad	One boiled egg + one homemade energy bar	Sheet tray chicken sausage and potatoes with sauerkraut
7	Berry vegan smoothie	Lentil and nut salad	Cucumber slices with goat cheese + mixed nuts and one apple	Chickpea and spinach curry



Lose weight meal plan: Day 1 Breakfast

Scrambled eggs and toast (serves 2)



Image is representative. Source: Canva.

Ingredients	Steps
<ul style="list-style-type: none">• 4 large eggs• 4 slices of whole-grain or whole-wheat bread• 4 cups fresh baby spinach leaves• 4 teaspoons of olive oil or cooking spray• Salt and pepper to taste• Optional toppings: a sprinkle of low-fat cheese or diced tomatoes	<ol style="list-style-type: none">1. Crack 2 eggs into a bowl and beat them until yolks and whites are well combined. Season with salt and pepper.2. Place a non-stick skillet or frying pan over medium-low heat. Add 2 teaspoons of olive oil or use cooking spray to lightly coat the pan.3. Pour the beaten eggs into the hot pan. Allow them to cook for a moment without stirring until the edges start to set.4. Using a spatula, gently push the eggs from the edges towards the center of the pan. Continue, letting the uncooked egg flow to the edges until the eggs are mostly set but still slightly runny.5. Remove the pan from the heat. The residual heat will continue to cook the eggs to perfection. Be careful not to overcook, as they can become dry.6. Place the scrambled eggs on top of the toasted bread. Season with additional salt and pepper if needed. Optionally, add fresh herbs, diced tomatoes, or a sprinkle of low-fat cheese for extra flavor.



Lose weight meal plan: Day 1 Lunch

Lentil and bean salad (serves 2)



Image is representative. Source: Canva.

Ingredients

- 2 cups cooked and cooled green or brown lentils
- 1 can (15 ounces) of mixed beans (such as black beans, kidney beans, or chickpeas), drained and rinsed
- 4 cups fresh baby spinach leaves
- 2 red bell peppers, diced
- 2 cucumbers, diced
- 1/2 cup red onion, finely chopped
- 1/2 cup fresh parsley or cilantro, chopped
- Juice of 2 lemons
- 4 tablespoons extra-virgin olive oil
- 2 cloves garlic, minced
- 1 tsp salt
- 1/2 tsp black pepper

Steps

1. In a large mixing bowl, combine the cooked and cooled lentils, mixed beans, baby spinach, diced red bell pepper, cucumber, red onion, and chopped parsley or cilantro. Toss gently to mix.
2. In a small bowl, whisk together the lemon juice, extra-virgin olive oil, minced garlic, salt, and black pepper.
3. Pour the lemon dressing over the salad mixture and gently toss until all the ingredients are coated with the dressing.
4. Refrigerate the salad for at least 30 minutes before serving to allow the flavors to meld. Serve chilled.



Lose weight meal plan: Day 1 Dinner

Quick-grill salmon and salad (serves 2)



Image is representative. Source: Canva.

Ingredients	Steps
<ul style="list-style-type: none">• 2 salmon fillets (about 4-6 ounces each)• 4 tablespoons olive oil• 4 tablespoons fresh lemon juice• 4 cloves garlic, minced• 1 tsp salt• 1/2 tsp black pepper• 3 cups fresh mixed greens (e.g., lettuce, spinach, arugula)• 1/2 cucumber, sliced• 1/2 cup cherry tomatoes, halved• 1/4 red onion, thinly sliced• 2 tablespoons fresh parsley, chopped (for garnish)• 2 tablespoons olive oil• 1 tablespoon balsamic vinegar• 1/2 teaspoon Dijon mustard• 1/2 teaspoon honey• 1/4 teaspoon salt• 1/8 teaspoon black pepper	<ol style="list-style-type: none">1. Season salmon fillets with olive oil, lemon juice, minced garlic, salt, and black pepper.2. Place the salmon fillets on the preheated grill. Grill for about 4-5 minutes on each side, or until the salmon flakes easily with a fork and has a slightly crispy exterior.3. Once the salmon is done, remove it from the grill.4. While the salmon is grilling, prepare the salad. In a large bowl, combine fresh mixed greens, sliced cucumbers, cherry tomatoes, red onion, and any other vegetables you prefer.5. In a small bowl, whisk together olive oil, balsamic vinegar, Dijon mustard, honey, salt, and pepper to create a vinaigrette dressing.6. Once the salmon is done, serve the grilled salmon fillets on a bed of the prepared salad and drizzle with the vinaigrette dressing.



Lose weight meal plan: Day 2 Breakfast

Stuffed avocado (serves 2)



Image is representative. Source: Canva.

Ingredients

- 2 ripe avocados
- 1 cup cooked and shredded chicken breast
- 1 cup cherry tomatoes, diced
- 1/2 cup red onion, finely chopped
- 1/2 cup fresh cilantro or parsley, chopped
- 1/2 cup feta cheese (optional)
- Juice of 2 limes
- 4 tablespoons extra-virgin olive oil
- 2 cloves garlic, minced
- 1 tsp salt

Steps

1. Cut the avocados in half and remove the pits. Scoop out a bit of flesh from each half to create a hollow space for the stuffing.
2. In a large mixing bowl, combine shredded chicken breast, diced cherry tomatoes, finely chopped red onion, and fresh cilantro or parsley. If desired, add crumbled feta cheese for extra flavor.
3. In a separate small bowl, whisk together the lime juice, extra-virgin olive oil, minced garlic, salt, and pepper to create a zesty dressing.
4. Pour the dressing over the chicken and vegetable mixture. Toss everything together until well coated.
5. Spoon the chicken and vegetable mixture generously into each avocado half on top of the spinach.



Lose weight meal plan: Day 2 Lunch

Mediterranean chickpea salad bowl (serves 2)



Image is representative. Source: Canva.

Ingredients	Steps
<ul style="list-style-type: none">• 2 cups cooked chickpeas• 1 cucumber, diced• 2 cups cherry tomatoes, halved• 1 cup red onion, finely chopped• 1/2 cup Kalamata olives, pitted and sliced• 1/2 cup fresh parsley, chopped• 1/2 cup fresh mint leaves, chopped• 8 cups fresh spinach leaves• Juice of 2 lemons• 4 tablespoons extra-virgin olive oil• 2 cloves garlic, minced• 1 teaspoon dried oregano• 1 tsp salt• Optional toppings: crumbled feta cheese and lemon wedges	<ol style="list-style-type: none">1. In a large mixing bowl, combine the cooked chickpeas, diced cucumber, halved cherry tomatoes, finely chopped red onion, sliced Kalamata olives, and chopped fresh parsley and mint leaves.2. In a separate small bowl, whisk together the lemon juice, extra-virgin olive oil, minced garlic, dried oregano, salt, and black pepper to create a Mediterranean dressing.3. Pour the dressing over the chickpea salad mixture and toss everything together until well coated.4. Place a generous bed of fresh spinach leaves in each serving bowl.5. Spoon the chickpea salad mixture onto the spinach.



Lose weight meal plan: Day 2 Dinner

Singapore noodles (serves 2)



Image is representative. Source: Canva.

Ingredients	Steps
<ul style="list-style-type: none">• 2 cups cooked rice vermicelli noodles• 2 tablespoons vegetable oil• 1/2 pound shrimp, peeled and deveined (or tofu for a vegetarian option)• 1 cup diced onion• 1 cup julienned carrot• 1 cup snow peas, trimmed and halved• 1 cup baby corn, sliced• 4 cloves garlic, minced• 2 tsp curry powder• 2 tsp turmeric powder• 2 tsp chili powder (adjust to taste)• 2 tablespoons soy sauce• 2 tablespoons rice vinegar• 2 tsp salt (adjust to taste)• 1 tsp black pepper (adjust to taste)• Fresh cilantro leaves for garnish• Lime wedges for serving	<ol style="list-style-type: none">1. Cook the rice vermicelli noodles according to the package instructions. Drain and set aside.2. In a wok or large skillet, heat 2 tablespoons of vegetable oil over medium-high heat.3. If using shrimp, add them to the pan and stir-fry until pink and cooked through, about 2-3 minutes per side. Remove from the pan and set aside. If using tofu, add it to the pan and cook until golden brown on all sides. Remove from the pan and set aside.4. In the same pan, add diced onion, julienned carrot, bell pepper, snow peas, baby corn, and minced garlic. Stir-fry for 2-3 minutes until the vegetables start to soften.5. Sprinkle the curry powder, turmeric powder, and chili powder over the vegetables. Stir to evenly coat the vegetables.6. Add the cooked rice vermicelli noodles to the pan along with the cooked shrimp or tofu.7. Drizzle with soy sauce and toss everything together until well combined. Season with salt and black pepper to taste.8. Continue stir-frying for an additional 2 or 3 minutes until everything is heated through.9. Garnish with fresh cilantro leaves and serve with lime wedges on the side for an extra zesty kick.

Lose weight meal plan: Day 3 Breakfast

Crisp bread with avocado veggie and nut topping (serves 2)



Image is representative. Source: Canva.

Ingredients

- 2 slices of crisp bread (whole grain, if possible)
- 1 ripe avocado
- 1/2 cup cherry tomatoes, halved
- 4 tablespoons diced red bell pepper
- 4 tablespoons diced cucumber
- 4 tablespoons sliced Kalamata olives
- 4 tablespoons chopped nuts (e.g., almonds, walnuts, or cashews)
- Juice of 1 lemon
- 2 tablespoons extra-virgin olive oil
- 1 clove garlic, minced
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/2 tablespoon balsamic vinegar
- Fresh basil leaves for garnish (optional)

Steps

1. Slice the avocado in half, remove the pit, and scoop out half of the flesh into a bowl. Mash the avocado with a fork until smooth.
2. In a separate bowl, combine the halved cherry tomatoes, diced red bell pepper, diced cucumber, sliced Kalamata olives, and chopped nuts. Mix gently to combine.
3. In a small bowl, whisk together the lemon juice, extra-virgin olive oil, minced garlic, balsamic vinegar, salt, and black pepper to create a zesty dressing.
4. Spread a layer of mashed avocado onto each slice of crisp bread.
5. Top the avocado layer with the mixed vegetables and nuts.
6. Drizzle the zesty dressing with balsamic vinegar over the vegetable and nut toppings.
7. Garnish with fresh basil leaves for extra flavor.



Lose weight meal plan: Day 3 Lunch

Healthy kimchi stew with brown rice (serves 2)



Image is representative. Source: Canva.

Ingredients	Steps
<ul style="list-style-type: none">• 2 cups napa cabbage kimchi, chopped• 1 cup extra-firm tofu, cubed• 1/2 cup thinly sliced onion• 1/2 cup sliced mushrooms (shiitake or cremini)• 4 cloves garlic, minced• 2 tsp grated ginger• 2 tsp sesame oil• 2 tsp low-sodium soy sauce• 8 cups water or vegetable broth• 2 green onions, chopped (for garnish)• 2 tsp toasted sesame seeds (for garnish)• 2 cups cooked brown rice	<ol style="list-style-type: none">1. Heat a large pot over medium heat. Add the sesame oil and sauté the minced garlic and grated ginger for about 30 seconds, until fragrant.2. Add the sliced onion and mushrooms. Sauté for 2-3 minutes until they begin to soften.3. Stir in the chopped kimchi and continue to sauté for another 3-4 minutes.4. Pour in the water or vegetable broth, followed by the soy sauce. Stir to combine.5. Bring the mixture to a boil, then reduce the heat to low. Simmer uncovered for 20-25 minutes to allow the flavors to meld.6. Add the cubed tofu and simmer for an additional 5 minutes until heated through.7. Serve the kimchi stew alongside cooked brown rice. Garnish each bowl with chopped green onions and toasted sesame seeds.



Lose weight meal plan: Day 3 Dinner

Egg, ham, and tomato sandwich (serves 2)



Image is representative. Source: Canva.

Ingredients	Steps
<ul style="list-style-type: none">• 4 slices of whole-grain bread• 2 large eggs• 4 slices lean ham• 4 slices ripe tomato• Salt and black pepper to taste• Cooking spray or a small amount of olive oil for cooking• For the Side Salad:• 2 cups fresh mixed greens (e.g., lettuce, spinach, arugula)• 1/2 cucumber, sliced• 1/2 cup cherry tomatoes, halved• 1/4 red onion, thinly sliced• 1 tablespoon fresh parsley, chopped (for garnish)	<ol style="list-style-type: none">1. Heat a non-stick skillet over medium heat and lightly grease it with cooking spray or a small amount of olive oil.2. Crack the eggs into the skillet. Season with a pinch of salt and black pepper. Cook until the whites are set but the yolks are still slightly runny, about 2-3 minutes. Flip the eggs if you prefer them over-easy.3. While the eggs are cooking, toast the four slices of whole-grain bread until they're nicely browned.4. Place the slices of lean ham on two slices of the toasted bread.5. When the eggs are cooked to your liking, carefully transfer one onto each slice of ham.6. Top each egg with two slices of ripe tomato.7. Place the remaining two slices of toasted bread on top to create sandwiches.8. In a separate bowl, combine the fresh mixed greens, sliced cucumber, cherry tomatoes, and thinly sliced red onion. Toss the salad ingredients gently to mix them together. Garnish the salad with chopped fresh parsley.

Lose weight meal plan: Day 4 Breakfast

Berry vegan smoothie (serves 2)



Image is representative. Source: Canva.

Ingredients	Steps
<ul style="list-style-type: none">• 2 cups unsweetened almond milk• 2 bananas• 2 cups frozen mixed berries (strawberries, blueberries, raspberries)• 2 tablespoons chia seeds• 2 tablespoons ground flaxseeds• 2 scoops vegan protein powder (optional)• 2 tablespoons unsweetened coconut flakes• 2 tablespoons almond butter• 4 tablespoons plain vegan yogurt	<ol style="list-style-type: none">1. Add the almond milk, bananas, frozen mixed berries, chia seeds, ground flaxseeds, vegan protein powder (if using), and almond butter to a blender.2. Blend the ingredients until smooth.3. Pour the smoothie into glasses and top each with 1 tablespoon of plain vegan yogurt.4. Garnish with coconut flakes.



Lose weight meal plan: Day 4 Lunch

Mediterranean quinoa and vegetable salad (serves 2)



Image is representative. Source: Canva.

Ingredients	Steps
<ul style="list-style-type: none">• 2 cups quinoa• 1 cup cherry tomatoes, halved• 1 cup diced cucumber• 1 cup cooked chickpeas• 1/2 cup crumbled feta cheese (optional)• 1/2 cup chopped parsley• 1/2 cup chopped red onion• 4 tablespoons olive oil• 2 tablespoons lemon juice• 1 teaspoon salt• 1/2 teaspoon black pepper• 1/2 teaspoon cumin• 1/2 teaspoon paprika	<ol style="list-style-type: none">1. Rinse the quinoa in a fine mesh strainer and place it in a pot with 4 cups of water. Bring to a boil, then reduce the heat to low, cover the pot, and simmer for 15 minutes.2. While the quinoa is cooking, prepare the vegetables. Halve the cherry tomatoes, dice the cucumber, and chop the parsley and red onion.3. When the quinoa is done cooking, fluff it with a fork and transfer it to a large mixing bowl. Add the cherry tomatoes, cucumber, chickpeas, feta cheese (if using), parsley, and red onion.4. In a small bowl, whisk together the olive oil, lemon juice, salt, black pepper, cumin, and paprika. Pour the dressing over the quinoa and vegetables and toss everything together until it is evenly coated.5. Serve the quinoa and vegetable salad at room temperature or chilled.



Lose weight meal plan: Day 4 Dinner

Jamaican jerk chicken with black bean and sweet potato salad (serves 2)



Image is representative. Source: Canva.

Ingredients

- 2 boneless, skinless chicken breasts
- 4 teaspoons Jamaican jerk seasoning
- 4 teaspoons olive oil
- 2 cans black beans, drained and rinsed
- 1 large sweet potato, peeled and diced
- 1 red bell pepper, diced
- 1/2 cup diced red onion
- 1/2 cup chopped cilantro
- 4 tablespoons lime juice
- 1 teaspoon salt
- 1/2 teaspoon black pepper

Steps

1. Preheat the oven to 400°F (200°C). Place the chicken breasts in a baking dish and sprinkle them with the Jamaican jerk seasoning. Drizzle each breast with 2 teaspoons of olive oil and rub the seasoning and oil into the meat.
2. Roast the chicken in the preheated oven for 20-25 minutes, or until it is cooked through and no longer pink in the middle.
3. While the chicken is cooking, prepare the black bean and sweet potato salad. In a large mixing bowl, combine the drained black beans, diced sweet potato, diced red bell pepper, chopped cilantro, diced red onion, lime juice, salt, and black pepper. Toss everything together until well combined.
4. When the chicken is done cooking, slice it into thin strips and serve it alongside the black bean and sweet potato salad.



Lose weight meal plan: Day 5 Breakfast

Greek yogurt parfait (serves 2)



Image is representative. Source: Canva.

Ingredients	Steps
<ul style="list-style-type: none">• 2 cups Greek yogurt• 1 cup mixed berries (strawberries, blueberries, raspberries)• 1/4 cup honey or maple syrup• 1/2 cup granola• 1/4 cup chopped nuts (e.g., almonds, walnuts, or cashews)	<ol style="list-style-type: none">1. In two serving glasses or bowls, start with a layer of Greek yogurt.2. Add a layer of mixed berries on top of the yogurt.3. Drizzle honey or maple syrup over the berries.4. Sprinkle granola and chopped nuts on top for added texture and flavor.5. Repeat the layers until the glasses are filled.6. Serve the Greek yogurt parfait immediately.



Lose weight meal plan: Day 5 Lunch

Quinoa vegetable bake (serves 2)



Image is representative. Source: Canva.

Ingredients	Steps
<ul style="list-style-type: none">• 1 cup quinoa• 2 cups vegetable broth• 1 cup diced bell peppers (assorted colors)• 1 cup diced zucchini• 1 cup diced red onion• 1 cup diced tomatoes• 1 cup shredded cheddar cheese• 2 tablespoons olive oil• 1 teaspoon dried oregano• 1/2 teaspoon garlic powder• 1/2 teaspoon salt• 1/4 teaspoon black pepper	<ol style="list-style-type: none">1. Preheat the oven to 375°F (190°C).2. In a large ovenproof skillet, heat the olive oil over medium heat.3. Add the diced bell peppers, zucchini, and red onion. Sauté for about 5 minutes until the vegetables start to soften.4. Add the quinoa to the skillet and cook for an additional 2 minutes, stirring frequently.5. Pour in the vegetable broth and bring to a boil. Reduce the heat to a simmer, cover, and cook for 15 minutes, or until the quinoa is cooked and the liquid is absorbed.6. Stir in the diced tomatoes, dried oregano, garlic powder, salt, and black pepper.7. Sprinkle the shredded cheddar cheese evenly over the top.8. Transfer the skillet to the preheated oven and bake for 15-20 minutes, or until the cheese is bubbly and golden brown.9. Remove from the oven, let it cool slightly, and serve.



Lose weight meal plan: Day 5 Dinner

Kimchi jigae with brown rice (serves 2)



Image is representative. Source: Canva.

Ingredients	Steps
<ul style="list-style-type: none">• 2 cups kimchi, chopped• 1 cup extra-firm tofu, cubed• 1/2 cup thinly sliced onion• 1/2 cup sliced mushrooms (shiitake or cremini)• 2 cloves garlic, minced• 1 teaspoon grated ginger• 2 teaspoons sesame oil• 2 teaspoons low-sodium soy sauce• 4 cups water or vegetable broth• 2 green onions, chopped (for garnish)• 2 teaspoons toasted sesame seeds (for garnish)• 2 cups cooked brown rice	<ol style="list-style-type: none">1. Heat a large pot over medium heat. Add the sesame oil, minced garlic, and grated ginger. Sauté for about 30 seconds until fragrant.2. Add the thinly sliced onion and mushrooms. Sauté for 2-3 minutes until they begin to soften.3. Stir in the chopped kimchi and continue to sauté for another 3-4 minutes.4. Pour in the water or vegetable broth and add the cubed tofu and low-sodium soy sauce. Stir to combine.5. Bring the mixture to a boil, then reduce the heat to low. Simmer uncovered for 20-25 minutes to allow the flavors to meld.6. Serve the Kimchi jigae with cooked brown rice and garnish with chopped green onions and toasted sesame seeds.



Lose weight meal plan: Day 6 Breakfast

Rice cakes with Laughing Cow cheese and smoked salmon (serves 2)



Image is representative. Source: Canva.

Ingredients

- 2 rice cakes
- 2 lite Laughing Cow cheese
- 4 slices smoked salmon
- 1/4 red onion, thinly sliced
- Fresh dill sprigs (for garnish)
- Lemon wedges (for serving)

Steps

1. Spread laughing cow cheese evenly onto each rice cake.
2. Top each rice cake with 2 slices of smoked salmon.
3. Garnish with thinly sliced red onion and fresh dill sprigs.
4. Serve with lemon wedges for added flavor.



Lose weight meal plan: Day 6 Lunch

Vegan black bean and avocado salad (serves 2)



Image is representative. Source: Canva.

Ingredients	Steps
<ul style="list-style-type: none">• 2 cups cooked black beans• 1 avocado, diced• 2 cups mixed greens (e.g., lettuce, spinach, arugula)• 1/2 cup cherry tomatoes, halved• 1/4 cup chopped fresh cilantro or basil• 2 tablespoons olive oil• 1 tablespoon lime juice• 1/2 teaspoon salt• 1/4 teaspoon black pepper• 1/4 teaspoon cumin• 1/4 teaspoon chili powder	<ol style="list-style-type: none">1. In a large bowl, combine the black beans, diced avocado, mixed greens, cherry tomatoes, and chopped fresh cilantro or basil.2. In a separate small bowl, whisk together the olive oil, lime juice, salt, black pepper, cumin, and chili powder.3. Pour the dressing over the salad mixture and toss everything together until well coated.4. Serve the salad at room temperature or chilled.



Lose weight meal plan: Day 6 Dinner

Sheet tray chicken sausage and potatoes with sauerkraut (serves 2)



Image is representative. Source: Canva.

Ingredients

- 1 pound small potatoes, quartered
- 1 pound chicken sausage, cut into 1-inch slices
- 1 cup sauerkraut, drained and chopped
- 1 small onion, finely diced
- 1 tablespoon olive oil
- 1 teaspoon Italian seasonings
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Steps

1. Preheat the oven to 425°F (220°C). Line a large baking sheet with parchment paper.
2. In a large bowl, mix together the potatoes, olive oil, Italian seasonings, salt, and black pepper. Spread the mixture out onto the prepared baking sheet.
3. Bake for 15-20 minutes. Add the onions and sausages and cook for another 10-15 minutes.
4. Serve the meal with a side of sauerkraut.



Lose weight meal plan: Day 7 Breakfast

Berry vegan smoothie (serves 2)



Image is representative. Source: Canva.

Ingredients	Steps
<ul style="list-style-type: none">• 2 cups unsweetened almond milk• 2 bananas• 2 cups frozen berries (e.g., strawberries, blueberries, raspberries)• 2 tablespoons chia seeds• 2 tablespoons ground flaxseeds• 2 scoops protein powder (optional)• 2 tablespoons unsweetened coconut flakes• 2 tablespoons almond butter• 4 tablespoons plain Greek yogurt	<ol style="list-style-type: none">1. Add 1 cup of almond milk, 1 banana, 1 cup of frozen berries, 1 tablespoon of chia seeds, 1 tablespoon of ground flaxseeds, 1 scoop of protein powder (if using), 1 tablespoon of honey (if using), 1 tablespoon of coconut flakes, 1 tablespoon of almond butter, and 2 tablespoons of plain Greek yogurt to a blender.2. Blend until smooth and creamy.3. Pour the smoothie into a glass and repeat for the second serving.



Lose weight meal plan: Day 7 Lunch

Lentil and nut salad (serves 2)



Image is representative. Source: Canva.

Ingredients

- 1 cup cooked lentils
- 1/2 cup mixed nuts, chopped (e.g., almonds, walnuts, pistachios)
- 1/2 cup cooked brown rice
- 1/2 cup mixed vegetables, chopped (e.g., bell peppers, onions, tomatoes)
- 1 cup chopped spinach
- 1/4 cup fresh parsley and basil, chopped
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1/2 teaspoon sea salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon garlic powder

Steps

1. In a large bowl, combine the cooked lentils, brown rice, mixed nuts, mixed vegetables, chopped herbs, and spinach.
2. In a small bowl, whisk together the olive oil, lemon juice, sea salt, black pepper, and garlic powder to create a zesty dressing.
3. Pour the dressing over the lentil and nut mixture and toss everything together until well coated.
4. Serve the lentil and nut salad at room temperature or chill it in the refrigerator until ready to serve.



Lose weight meal plan: Day 7 Dinner

Chickpea and spinach curry (serves 2)



Image is representative. Source: Canva.

Ingredients	Steps
<ul style="list-style-type: none">• 1 can (15 oz) chickpeas, drained and rinsed• 1 small onion, finely chopped• 2 cloves garlic, minced• 1/2-inch piece of ginger, grated• 1 can (14 oz) diced tomatoes• 1/2 can (14 oz) lite coconut milk• 3 cups fresh spinach, washed and chopped• 1 tablespoon curry powder• 1/2 teaspoon ground cumin• 1/2 teaspoon ground coriander• 1/4 teaspoon turmeric• 1/4 teaspoon cayenne pepper (adjust according to spice preference)• Salt and pepper to taste• 1 tablespoons cooking oil (vegetable oil or coconut oil)	<ol style="list-style-type: none">1. Heat oil in a large pan over medium heat. Add chopped onions and sauté until translucent.2. Add minced garlic and grated ginger. Sauté for another minute until fragrant.3. Add curry powder, ground cumin, ground coriander, turmeric, and cayenne pepper to the pan. Stir well to coat the onions, garlic, and ginger with the spices.4. Pour in the diced tomatoes with their juices. Cook for 3-4 minutes until the tomatoes begin to break down.5. Add the drained and rinsed chickpeas to the pan. Stir to combine with the tomato and spice mixture.6. Pour in the coconut milk, stirring well. Bring the mixture to a simmer and let it cook for about 10-15 minutes, allowing the flavors to meld.7. Once the curry has thickened slightly, add the chopped spinach. Cook until the spinach wilts into the curry.8. Season with salt and pepper to taste. Adjust the spices if needed.9. Serve the chickpea and spinach curry over rice or quinoa. Garnish with cilantro, and you can add a squeeze of lime or lemon juice for extra freshness.

Lose weight meal plan: Snack

Homemade energy bars



Image is representative. Source: Canva.

Ingredients	Steps
<ul style="list-style-type: none">• 1 cup old-fashioned rolled oats• 1/2 cup chopped nuts (e.g., almonds, walnuts, or cashews)• 1/2 cup dried fruits (e.g., raisins, cranberries, or apricots), chopped• 1/4 cup honey or maple syrup• 1/4 cup nut butter (e.g., almond butter, peanut butter, or cashew butter)• 1/4 cup dark chocolate chips (optional)• 1/2 teaspoon vanilla extract• 1/8 teaspoon salt	<ol style="list-style-type: none">1. Line an 8x8-inch (20x20 cm) square baking pan with parchment paper, leaving an overhang on two opposite sides.2. Optionally, toast the oats and chopped nuts by spreading them on a baking sheet and toasting in a preheated oven at 350°F (175°C) for about 10 minutes or until fragrant and lightly browned. Let them cool.3. In a large bowl, combine the old-fashioned rolled oats, chopped nuts, and chopped dried fruits.4. In a small saucepan over low heat, warm the honey (or maple syrup), nut butter, dark chocolate chips (if using), vanilla extract, and salt. Stir until smooth and well combined.5. Pour the warm honey-nut butter mixture over the dry ingredients and stir until everything is evenly coated.6. Transfer the mixture to the prepared baking pan and press it down firmly and evenly using a spatula or the back of a spoon.7. Place the pan in the refrigerator and let it chill for at least 2 hours, or until the bars are firm and set.