

7-Day Weight Loss Meal Plan for Women

Day 1

- Breakfast: Overnight oats with chia seeds, Greek yogurt & berries
- Lunch: Grilled chicken wrap with mixed salad & low-fat dressing
- Snack: Handful of almonds or a boiled egg
- Dinner: Baked salmon, sweet potato & broccoli

Day 2

- Breakfast: Scrambled eggs on wholegrain toast
- Lunch: Tuna salad with olive oil, lemon & chickpeas
- Snack: Apple slices with peanut butter
- Dinner: Stir-fry tofu or chicken with veg & brown rice

Day 3

- Breakfast: Protein smoothie with spinach, banana, and oats
- Lunch: Turkey and hummus wrap with raw veggies
- Snack: Greek yogurt and berries
- Dinner: Grilled cod, quinoa & roasted carrots

Day 4

- Breakfast: Low-fat cottage cheese with sliced peach
- Lunch: Chickpea and avocado salad
- Snack: Baby carrots with guacamole
- Dinner: Turkey chili with brown rice

Day 5

- Breakfast: High-fibre cereal with almond milk & banana
- Lunch: Lentil soup with wholegrain bread
- Snack: Boiled eggs and cherry tomatoes
- Dinner: Grilled chicken breast, couscous, steamed broccoli

Day 6

- Breakfast: Avocado toast with poached egg
- Lunch: Quinoa and black bean salad
- Snack: Edamame or low-fat cheese stick
- Dinner: Stuffed bell peppers with lean mince

Day 7

- Breakfast: Protein pancakes with a drizzle of honey
- Lunch: Spinach & feta omelette with toast
- Snack: Handful of mixed seeds or a banana
- Dinner: Grilled prawns, sweetcorn & kale salad