

7 Day Weight-Loss Meal Plan

nutritious meals

BY HEALING AILMENTS



7 Day Weight-Loss Meal Plan

This 7-day weight-loss meal plan provides a variety of meals with balanced macros and nutrient-dense ingredients, ideal for weight-loss while supporting overall health and energy needs.

You can adjust portion sizes or add/remove snacks depending on your specific goals and caloric requirements.

Additionally, remember that consistency, exercise, and maintaining a healthy lifestyle are key components of any weight loss plan.

Wishing you the best on your journey to health and wellness!

7 Day Weight-Loss Meal Plan

Breakfast-Day 1

Greek Yogurt

Parfait cup Greek yogurt
(low-fat or non-fat)

1/2 cup Mixed Berries
(strawberries, raspberries)

1 tbsp Chia seeds

1 tbsp Honey or Maple syrup



7 Day Weight-Loss Meal Plan

Lunch-Day 1

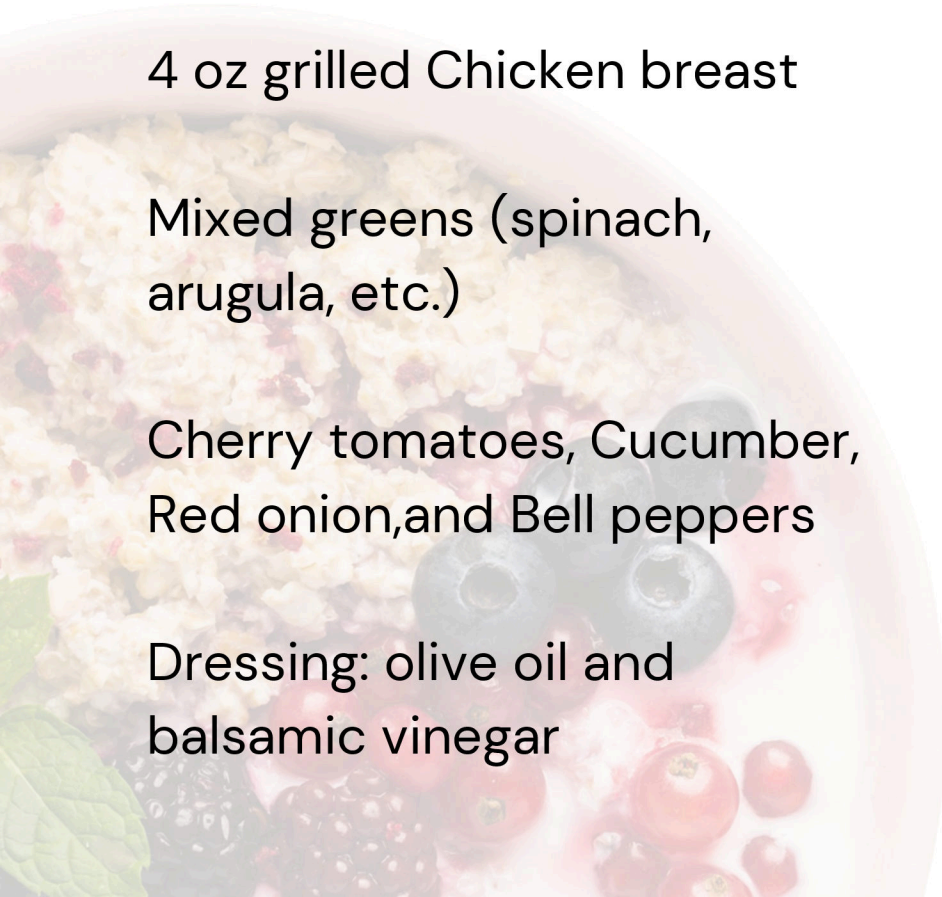
Grilled Chicken Salad

4 oz grilled Chicken breast

Mixed greens (spinach,
arugula, etc.)

Cherry tomatoes, Cucumber,
Red onion, and Bell peppers

Dressing: olive oil and
balsamic vinegar

A large, light-colored bowl filled with a quinoa salad. The salad includes cooked quinoa, fresh blueberries, raspberries, blackberries, cherry tomatoes, and a sprig of green basil. The bowl is set against a white background.

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Dinner-Day 1

Baked Salmon with Asparagus

4 oz Salmon filet
(seasoned with garlic and lemon)

Roasted Asparagus spears
(tossed in olive oil and garlic)

1/2 cup Quinoa

A close-up photograph of a white bowl filled with cooked quinoa. The quinoa is topped with fresh berries, including several blueberries, raspberries, and cherry tomatoes. A sprig of green basil is visible in the bottom left corner of the bowl.

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Snack-Day 1

Apples with Almond Butter

- 1 Apple, sliced
- 2 Tbsp Almond Butter



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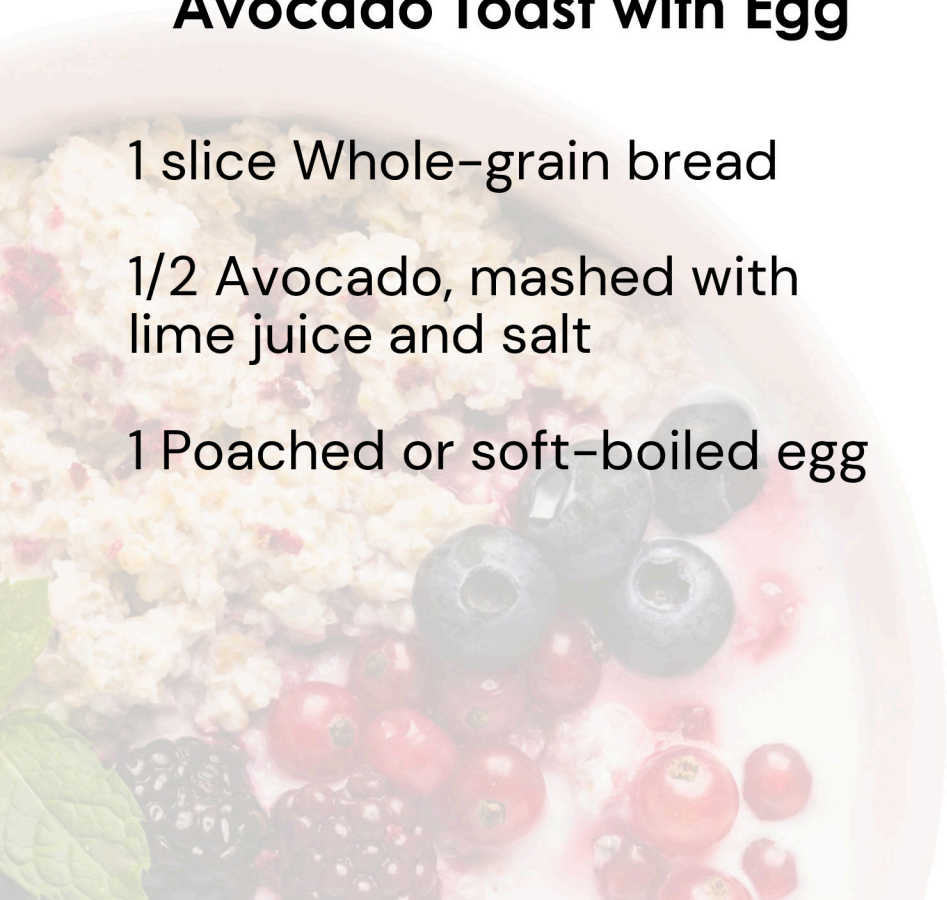
Breakfast-Day 2

Avocado Toast with Egg

1 slice Whole-grain bread

1/2 Avocado, mashed with
lime juice and salt

1 Poached or soft-boiled egg



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Lunch-Day 2

Turkey and Avocado Wrap

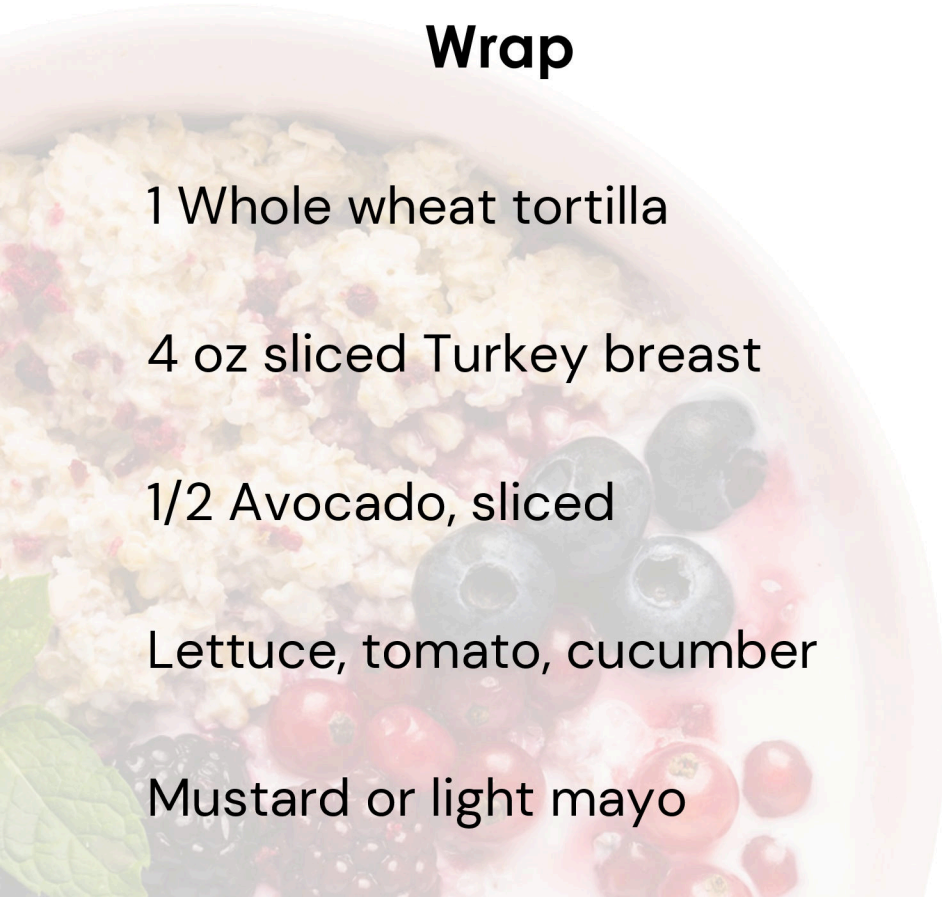
1 Whole wheat tortilla

4 oz sliced Turkey breast

1/2 Avocado, sliced

Lettuce, tomato, cucumber

Mustard or light mayo



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Dinner-Day 2

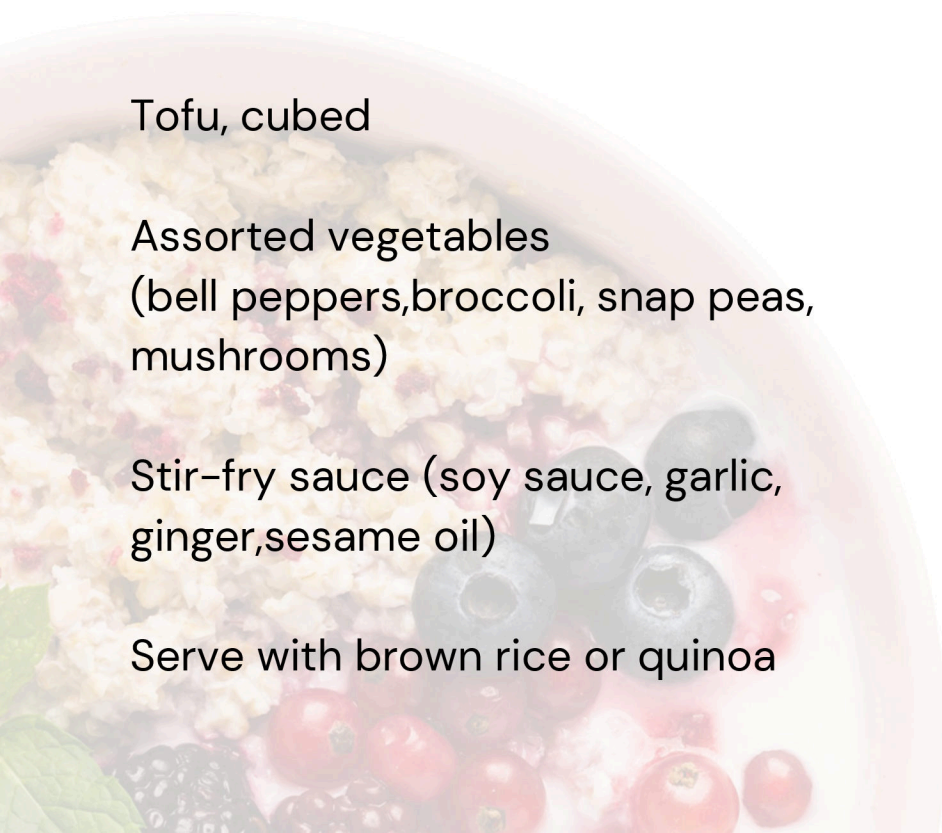
Stir-Fried Vegetables with Tofu

Tofu, cubed

Assorted vegetables
(bell peppers, broccoli, snap peas,
mushrooms)

Stir-fry sauce (soy sauce, garlic,
ginger, sesame oil)

Serve with brown rice or quinoa



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Snack-Day 2

Carrot Sticks with Hummus



Baby carrots

1/4 cup Hummus

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Breakfast-Day 3

Oatmeal with Berries

1/2 Cup Oats

1 cup Water or Coconut Milk

1/2 Cup Mixed Berries

1 Tbsp Flaxseed



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Lunch-Day 3

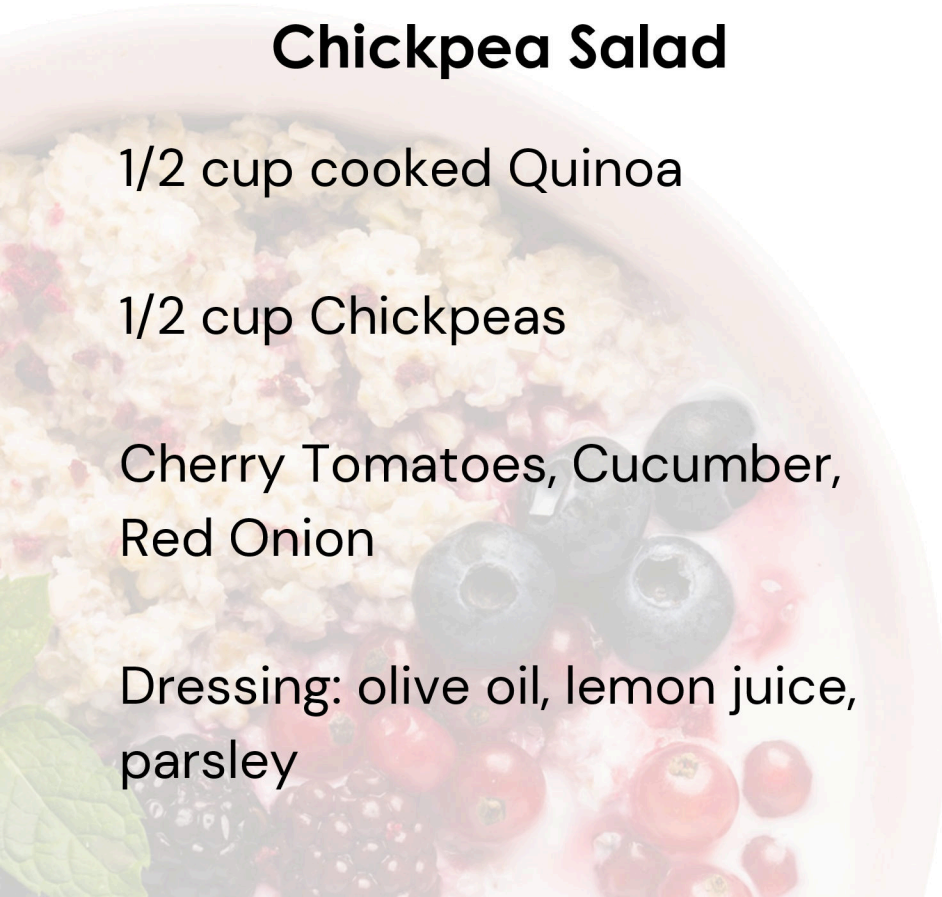
Quinoa and Chickpea Salad

1/2 cup cooked Quinoa

1/2 cup Chickpeas

Cherry Tomatoes, Cucumber,
Red Onion

Dressing: olive oil, lemon juice,
parsley

A close-up photograph of a white bowl filled with a quinoa and chickpea salad. The salad is topped with fresh fruits including blueberries, blackberries, and cherry tomatoes. A sprig of green parsley is visible in the bottom left corner. The background is a soft, out-of-focus white.

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Dinner-Day 3

Grilled Chicken with Sweet Potato

4 oz grilled Chicken breast

Baked Sweet potato
(add cinnamon and a small
amount of butter)

Steamed Broccoli



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Snack-Day 3

Greek Yogurt with Berries

1/2 cup Greek Yogurt

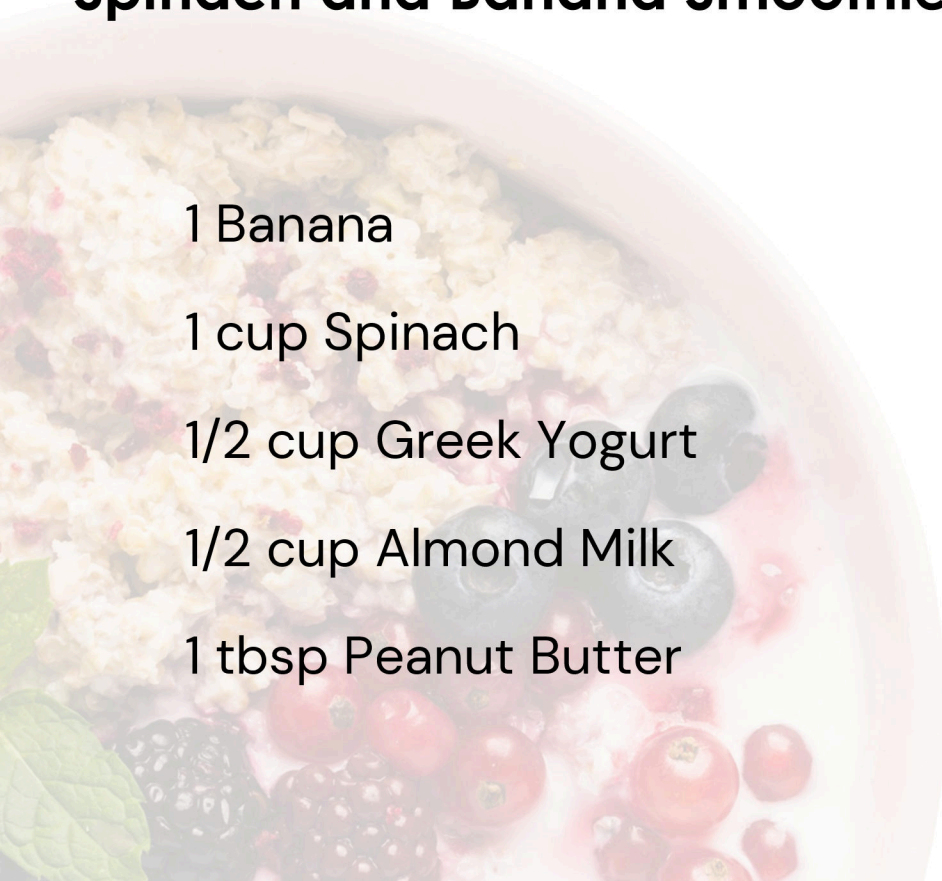
1/4 cup Berries



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Breakfast-Day 4

Spinach and Banana Smoothie



1 Banana

1 cup Spinach

1/2 cup Greek Yogurt

1/2 cup Almond Milk

1 tbsp Peanut Butter

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Lunch-Day 4

Tuna Salad Lettuce Wraps

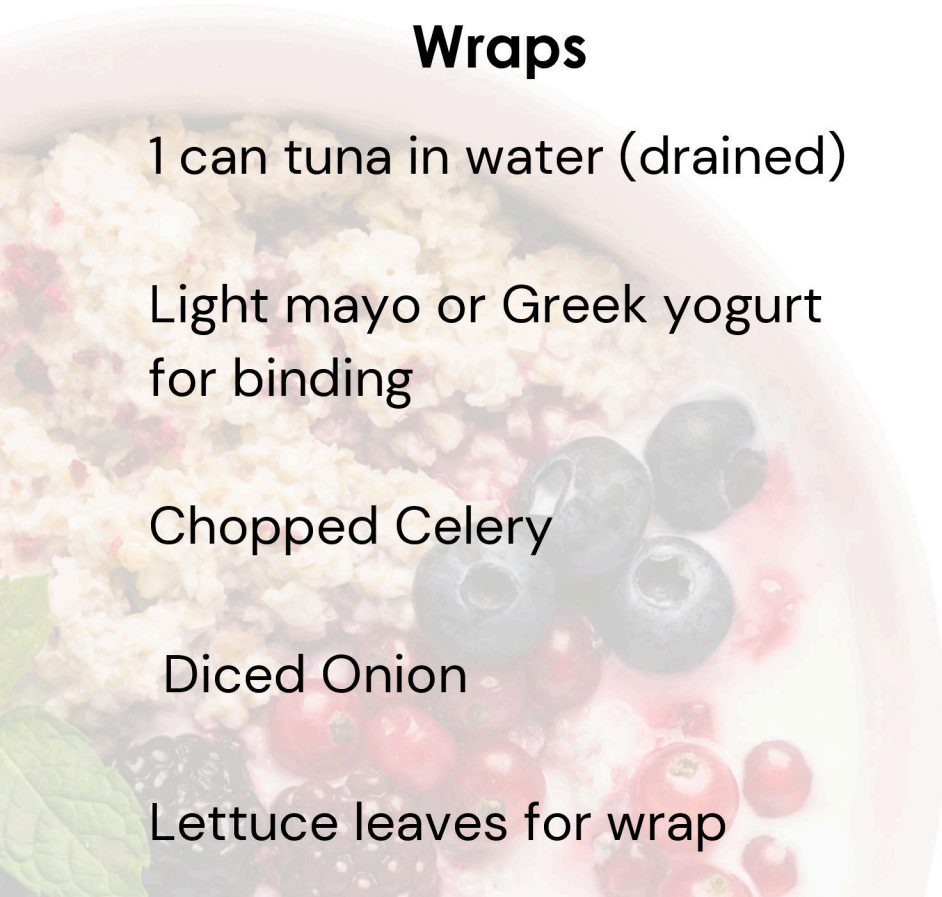
1 can tuna in water (drained)

Light mayo or Greek yogurt
for binding

Chopped Celery

Diced Onion

Lettuce leaves for wrap



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Dinner-Day 4

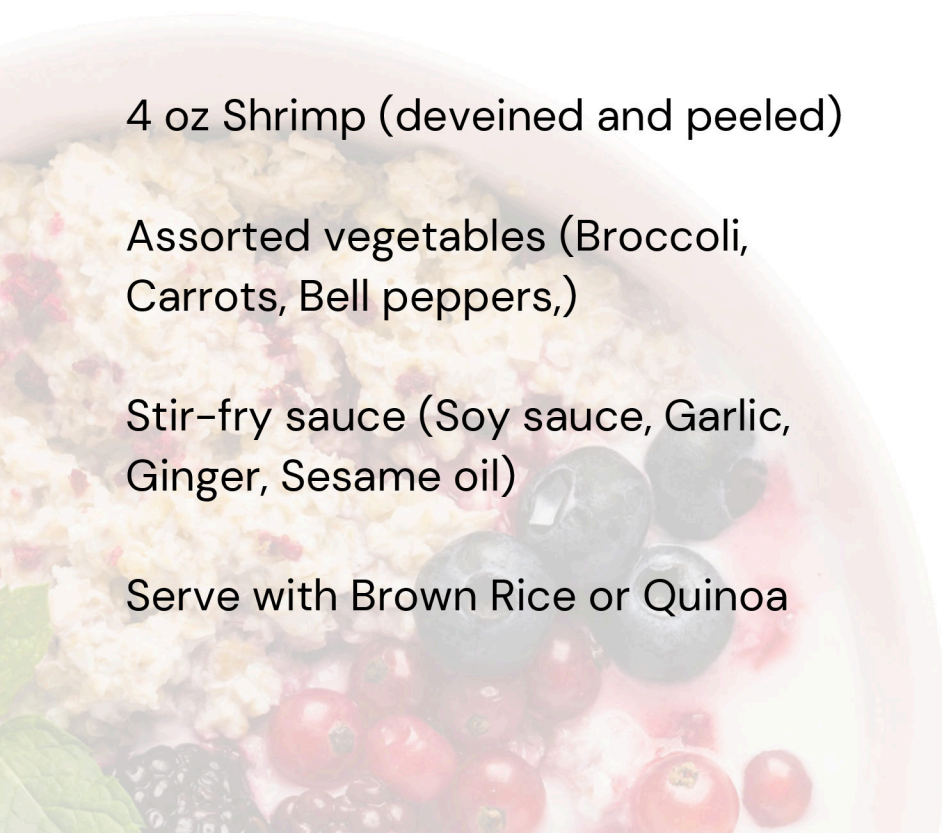
Shrimp and Veggie Stir-Fry

4 oz Shrimp (deveined and peeled)

Assorted vegetables (Broccoli,
Carrots, Bell peppers,)

Stir-fry sauce (Soy sauce, Garlic,
Ginger, Sesame oil)

Serve with Brown Rice or Quinoa



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Snack-Day 4

Celery Sticks with Peanut Butter

Celery sticks

2 tbsp Peanut butter

A close-up photograph of a white bowl filled with oatmeal. The oatmeal is topped with a variety of fresh berries, including blueberries, raspberries, and strawberries. A sprig of fresh mint is placed on the left side of the bowl. The background is a soft, out-of-focus white.

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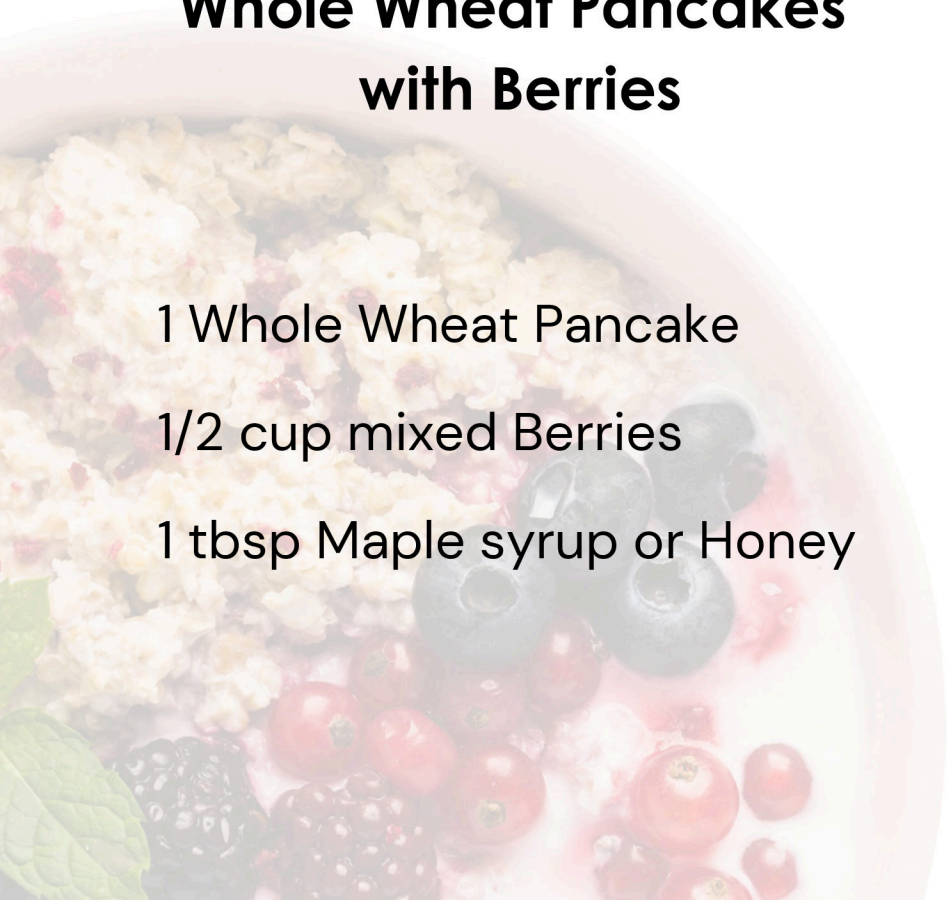
Breakfast-Day 5

Whole Wheat Pancakes with Berries

1 Whole Wheat Pancake

1/2 cup mixed Berries

1 tbsp Maple syrup or Honey



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Lunch-Day 5

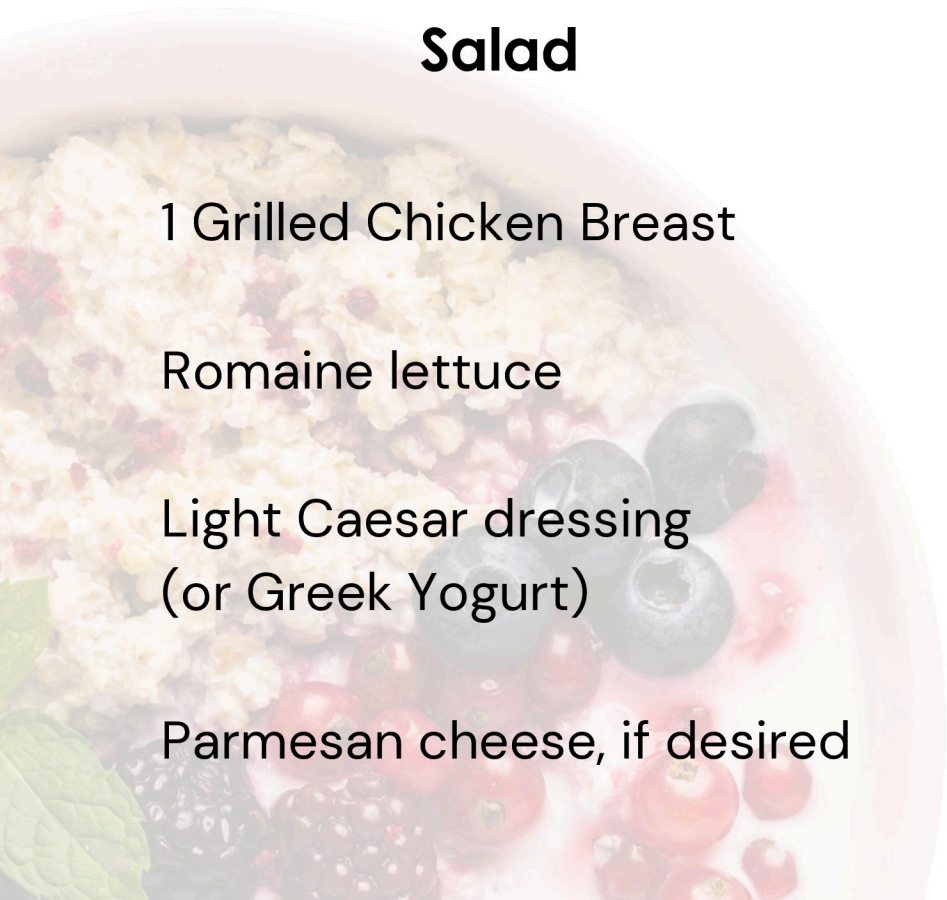
Chicken Caesar Salad

1 Grilled Chicken Breast

Romaine lettuce

Light Caesar dressing
(or Greek Yogurt)

Parmesan cheese, if desired



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Dinner-Day 5

Baked Halibut with Roasted Vegetables

4 oz Halibut filet, seasoned
with garlic and herbs

Roasted vegetables (zucchini,
bell peppers, onion, etc.)

1/2 cup couscous or quinoa



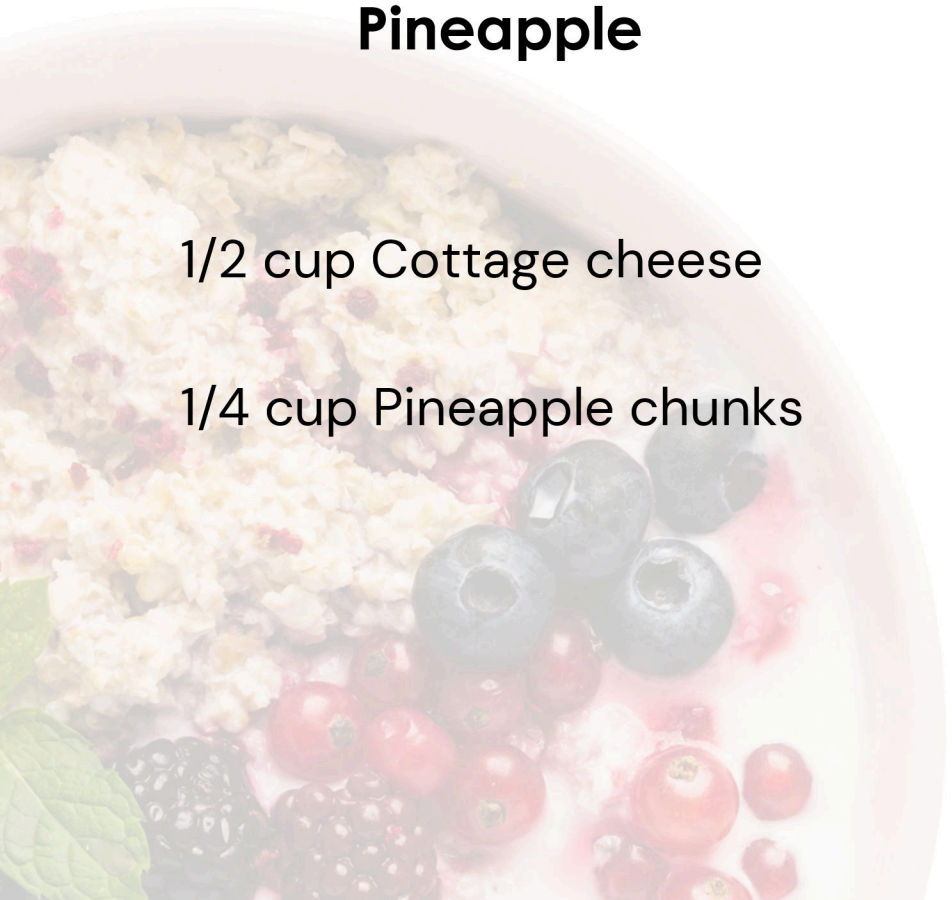
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Snack-Day 5

Cottage Cheese with Pineapple

1/2 cup Cottage cheese

1/4 cup Pineapple chunks



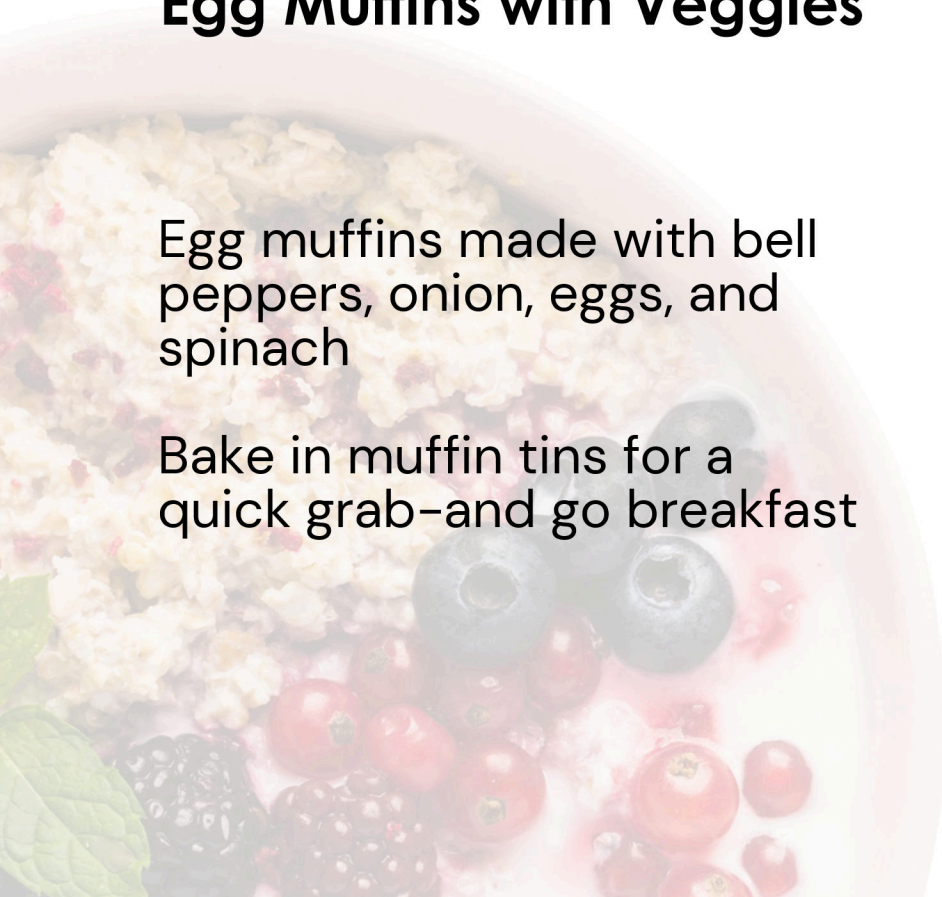
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Breakfast-Day 6

Egg Muffins with Veggies

Egg muffins made with bell peppers, onion, eggs, and spinach


Bake in muffin tins for a quick grab-and-go breakfast



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Lunch-Day 6

Grilled Chicken Wrap



Whole Wheat Tortilla

Grilled Chicken

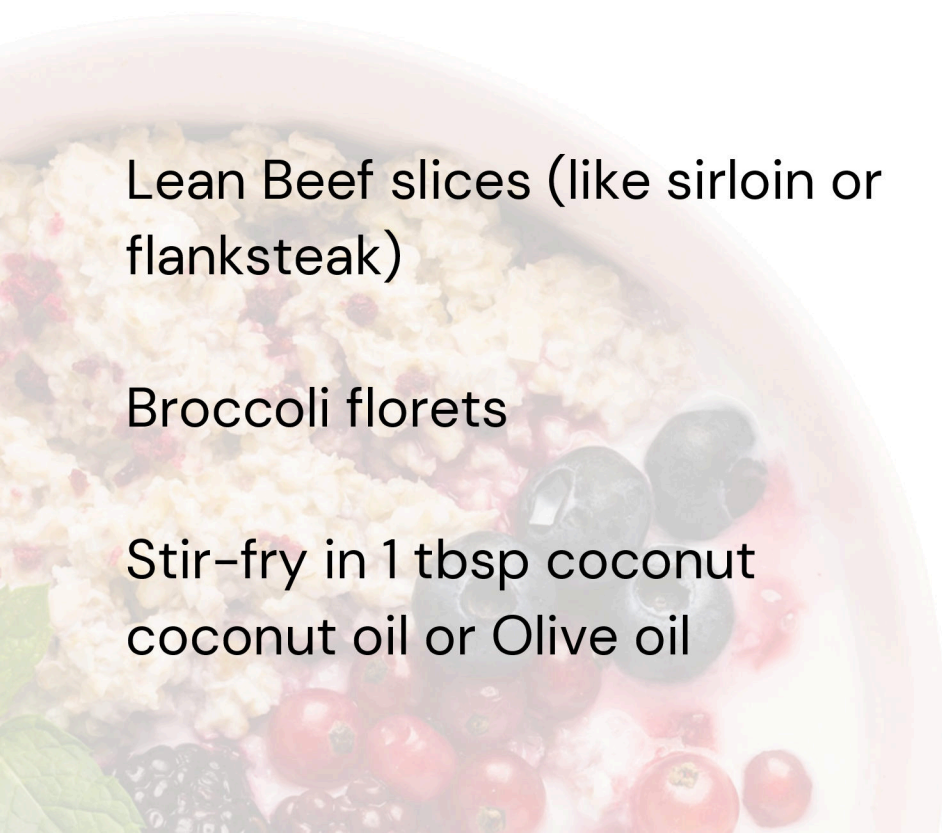
Lettuce, Tomato, Cucumber

Light Dressing or Mustard

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Dinner-Day 6

Beef and Broccoli Stir-Fry



Lean Beef slices (like sirloin or flanksteak)

Broccoli florets

Stir-fry in 1 tbsp coconut
coconut oil or Olive oil


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Snack-Day 6

Greek Yogurt with Honey

1/2 cup Greek yogurt

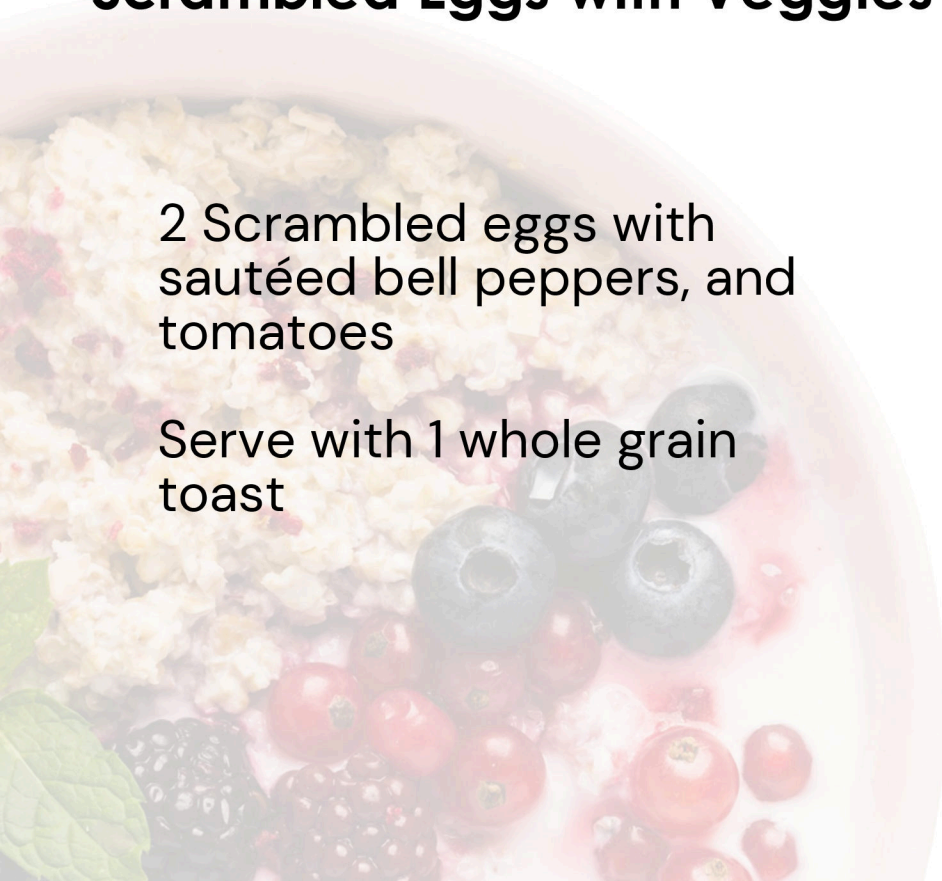
1 tbsp Honey

A close-up photograph of a white ceramic bowl filled with a meal. The base is a thick, creamy white Greek yogurt. It is topped with a generous amount of honey, which is drizzled over the yogurt and other ingredients. The toppings include several fresh blueberries, several raspberries, and several strawberries. A sprig of fresh green mint leaves is visible in the bottom left corner of the bowl. The background is a plain, light color.

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Breakfast-Day 7

Scrambled Eggs with Veggies



2 Scrambled eggs with
sautéed bell peppers, and
tomatoes

Serve with 1 whole grain
toast

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Lunch-Day 7

Caprese Salad with Chicken

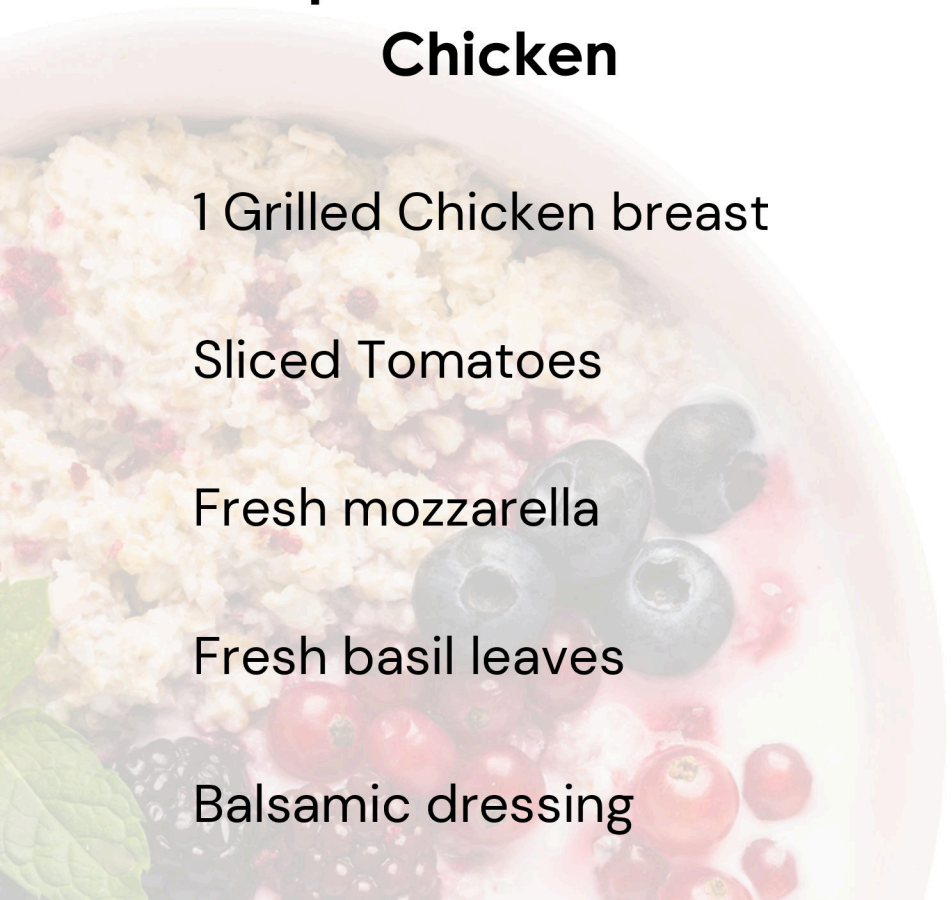
1 Grilled Chicken breast

Sliced Tomatoes

Fresh mozzarella

Fresh basil leaves

Balsamic dressing



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Dinner-Day 7

Grilled Salmon with Roasted Veggies

1 4oz grilled Salmon filet

Roasted vegetables (carrots,
brussels sprouts, or Sweet
potatoes)

1/2 cup Wild Rice




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Snack-Day 7

Mixed Nuts

1/4 cup Mixed Nuts (Raw
and unsalted)

A close-up photograph of a white bowl filled with oatmeal. The oatmeal is topped with fresh berries, including several blueberries, raspberries, and blackberries. A sprig of green mint is visible on the left side of the bowl. The background is a soft, out-of-focus white.