



Healthy Diet Plan

(Sample Menu)

MONDAY

BREAKFAST Balsamic Chicken Avocado Feta Salad

LUNCH Honey Mustard Chicken with Veggies

DINNER Roasted Sea Bass with Garlic Butter

TUESDAY

BREAKFAST Chicken Cabbage Stir Fry

LUNCH Chicken Burrito Bowl

DINNER Honey Sriracha Meatballs

WEDNESDAY

BREAKFAST Meat Burger with Veggie Chips and Quinoa Salad

LUNCH Pesto Chicken Asparagus

DINNER Zucchini Noodle with Sauteed Chicken

THURSDAY

BREAKFAST Vegan Buddha Bowl

LUNCH Turmeric Chicken with Baked Vegetables

DINNER Saffron Marinated Fish with Bell Pepper

FRIDAY

BREAKFAST Thai Chicken Rice

LUNCH Korean Beef Bowl

DINNER Seared Salmon with Avocado Sauce

Have any questions? Call: **095522975** or Line: **yuicocogo**.