

Sample Weekly Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Avocado Egg wholegrain toast	¾ Eat what you want	Mixed Berry Flaxseed Overnight Oats	Spinach & Feta Omelette	Greek yogurt + berries + low sugar granola	Brunch ¾ Eat what you want	Spinach Miso soup (low salt/sodium) + small bowl brown rice + boiled egg
Morning Tea	Coffee (ideally black)	Matcha	Coffee (ideally black)	Matcha	Coffee (ideally black)		Matcha
Lunch	Thai chicken salad (lime, herbs, chili, minimal fish sauce)	Mediterranean Bowl	¾ Eat what you want	Lean Lemon Chicken	Whole grain wrap with hummus, grilled vegetables, and spinach	Poke bowl (salmon, cucumber, avocado, seaweed, brown rice)	Grilled Salmon Salad
Afternoon Tea	Apple + few pecans	Banana	Carrot sticks + tzatziki	Pear + small handful pistachios	Dark Chocolate + almonds	Orange + a few walnuts	Cucumber slices + hummus
Dinner	Lemon Garlic Salmon w/ asparagus	Grilled chicken + roasted eggplant + side salad	Grilled prawns + garlic greens + small portion whole grains	¾ Eat what you want	Korean BBQ beef with Ssam, miso soup (low salt tofu, vegetables)	Tandoori-style grilled Chicken + cucumber salad	¾ Eat what you want

Sample Breakfast options:

Avocado Egg wholegrain toast
Mixed Berry Flaxseed Overnight Oats
Spinach & Feta Omelette
Greek yogurt + berries + low sugar granola
Overnight oats with almond milk, apple, cinnamon
Spinach Miso soup (low salt/sodium) + small bowl brown rice + boiled egg
Mango + Greek yogurt + coconut flakes
Congee (brown rice) with ginger, spring onion, shredded chicken
Vegetable omelette + kimchi (low sodium if possible)
Rice paper rolls with shrimp, herbs, and veggies

Sample Lunch Options:

Grilled Salmon Salad
Mediterranean Bowl
Lean Lemon Chicken
Quinoa salad with cucumber, tomato, chickpeas, parsley, lemon & olive oil
Whole grain wrap with hummus, grilled vegetables, and spinach
Mediterranean tuna salad (olive oil, lemon, beans, greens)
Vegetable minestrone soup
Poke bowl (salmon, cucumber, avocado, seaweed, brown rice)
Thai chicken salad (lime, herbs, chili, minimal fish sauce)
Bibimbap (brown rice, vegetables, egg, small lean beef optional)
Chickpea curry (chana masala, low oil) + small brown rice

Sample Afternoon tea options:

Apple + few pecans
Carrot sticks + tzatziki
Pear + small handful pistachios
Greek yogurt + drizzle of honey

Orange + a few walnuts
Cucumber slices + hummus
Dark chocolate (small piece) + almonds
Banana

Sample Dinner options:

Lemon Garlic Salmon w/ asparagus
Mediterranean Bowl
Herb Roasted Turkey
Grilled salmon + steamed broccoli + small sweet potato
Lentil soup + side salad (olive oil + vinegar dressing)
Baked white fish + quinoa + roasted zucchini
Stuffed capsicum (brown rice, herbs, vegetables, lean turkey optional)
Grilled chicken + roasted eggplant + side salad
Grilled prawns + garlic greens + small portion whole grains
Grilled teriyaki salmon (low-sodium sauce) + Sauteed bean sprouts
Steamed fish with ginger + sautéed greens + small rice
Korean BBQ beef with Ssam, Doenjang soup (soybean paste, tofu, vegetables—light on salt)
Tandoori-style grilled Chicken + cucumber salad