

LOW GLYCEMIC MEAL PLAN

Day 1

- **Breakfast: Greek Yogurt Parfait**
 - 1 cup plain Greek yogurt
 - ½ cup mixed berries (strawberries, blueberries, raspberries)
 - ¼ cup rolled oats
 - 1 tbsp chia seeds
- **Lunch: Quinoa & Chickpea Salad**
 - 1 cup cooked quinoa
 - ½ cup chickpeas (cooked or canned)
 - 1 cup mixed greens
 - ¼ cup diced cucumber
 - ¼ cup cherry tomatoes
 - Dressing: 1 tbsp olive oil, 1 tbsp lemon juice, salt & pepper
- **Dinner: Grilled Salmon with Steamed Veggies**
 - 6 oz grilled salmon
 - 1 cup steamed broccoli
 - 1 cup steamed carrots
 - ½ cup wild rice

Day 2

- **Breakfast: Chia Pudding**
 - 3 tbsp chia seeds soaked in 1 cup almond milk overnight
 - 1 small banana, sliced
 - 1 tbsp chopped walnuts
- **Lunch: Lentil & Vegetable Soup**
 - 2 cups vegetable broth
 - ½ cup cooked lentils
 - 1 cup chopped veggies (carrots, celery, onion)
 - 1 slice whole-grain bread
- **Dinner: Baked Chicken Breast with Sweet Potato**
 - 6 oz baked chicken breast with herbs
 - 1 medium baked sweet potato
 - 1 cup sautéed spinach with garlic

Day 3

- **Breakfast: Scrambled Eggs with Avocado Toast**
 - 2 scrambled eggs
 - 1 slice whole-grain bread, toasted
 - ¼ avocado, mashed
- **Lunch: Turkey & Veggie Wrap**
 - Whole-grain tortilla
 - 4 oz sliced turkey breast

- ¼ cup hummus
- ½ cup mixed greens
- ¼ cup shredded carrots
- ¼ sliced bell pepper
- **Dinner: Stir-Fried Tofu & Vegetables**
 - 6 oz firm tofu, cubed
 - 1 cup mixed vegetables (bell peppers, broccoli, snap peas)
 - 1 cup cooked brown rice
 - Sauce: 1 tbsp low-sodium soy sauce, 1 tsp sesame oil

Day 4

- **Breakfast: Smoothie Bowl**
 - 1 cup almond milk
 - 1 scoop protein powder
 - 1 cup spinach
 - ½ cup frozen mixed berries
 - Toppings: 1 tbsp chia seeds, 1 tbsp sliced almonds
- **Lunch: Quinoa & Black Bean Bowl**
 - 1 cup cooked quinoa
 - ½ cup black beans (cooked or canned)
 - ¼ cup corn
 - 1 tbsp salsa
 - ¼ avocado, diced
- **Dinner: Shrimp & Zoodles**
 - 6 oz shrimp, sautéed with garlic and olive oil
 - 2 cups zucchini noodles
 - ¼ cup grated Parmesan cheese
 - 1 cup cherry tomatoes, halved

Day 5

- **Breakfast: Overnight Oats**
 - ½ cup rolled oats soaked in 1 cup almond milk overnight
 - 1 small apple, chopped
 - 1 tsp cinnamon
 - 1 tbsp almond butter
- **Lunch: Grilled Chicken & Kale Salad**
 - 6 oz grilled chicken breast
 - 2 cups chopped kale
 - ¼ cup crumbled feta cheese
 - ¼ cup roasted chickpeas
 - Dressing: 1 tbsp olive oil, 1 tbsp balsamic vinegar
- **Dinner: Baked Cod with Veggie Mash**
 - 6 oz baked cod with lemon and herbs
 - 1 cup mashed cauliflower
 - 1 cup steamed green beans

Day 6

- **Breakfast: Cottage Cheese & Berry Bowl**
 - 1 cup cottage cheese
 - ½ cup mixed berries
 - 1 tbsp pumpkin seeds
- **Lunch: Spinach & Mushroom Omelette**
 - 3 eggs
 - 1 cup sautéed spinach and mushrooms
 - 1 slice whole-grain toast
- **Dinner: Beef Stir-Fry with Brown Rice**
 - 6 oz lean beef strips
 - 1 cup mixed vegetables (bell peppers, carrots, onions)
 - 1 cup cooked brown rice
 - Sauce: 1 tbsp low-sodium soy sauce, 1 tsp honey

Day 7

- **Breakfast: Peanut Butter & Banana Smoothie**
 - 1 cup almond milk
 - 1 small banana
 - 1 tbsp natural peanut butter
 - 1 scoop protein powder
- **Lunch: Tuna & White Bean Salad**
 - 1 can (4 oz) tuna in water, drained
 - ½ cup cannellini beans
 - 1 cup arugula
 - ¼ cup cherry tomatoes
 - Dressing: 1 tbsp olive oil, 1 tbsp lemon juice
- **Dinner: Baked Eggplant Parmesan**
 - 1 cup sliced eggplant, breaded with whole-grain crumbs and baked
 - ½ cup marinara sauce
 - ¼ cup mozzarella cheese
 - 1 cup steamed broccoli