



The Balanced Life

7-DAY DIET TO JUMPSTART WEIGHT LOSS

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DAY 1

Breakfast: Greek yogurt parfait ($\frac{3}{4}$ cup Greek yogurt, $\frac{1}{2}$ scoop vanilla protein, $\frac{1}{2}$ cup berries, 1 tbsp chia, $\frac{1}{4}$ cup granola)

→ ~33g protein

Lunch: Turkey lettuce wraps (4 oz deli turkey, mustard, hummus, romaine wraps, 1 hard-boiled egg)

→ ~32g protein

Dinner: One-pan salmon and asparagus (5 oz salmon fillet, garlic, lemon, olive oil, steamed asparagus, $\frac{1}{2}$ cup quinoa)

→ ~35g protein



Day 2

Breakfast: Cottage cheese toast

(½ cup cottage cheese,

2 slices Ezekiel toast, tomatoes, Everything seasoning) + boiled egg

→ ~30g protein

Lunch: Grilled chicken Caesar salad (5 oz chicken breast, romaine, 1 tbsp Parmesan, light Caesar dressing)

→ ~35g protein

Dinner: Ground turkey taco bowl (4 oz lean ground turkey, salsa, lettuce, black beans, avocado, ½ cup rice)

→ ~33g protein





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30+ GRAMS OF PROTEIN PER MEAL

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Day 3

Breakfast: Protein oatmeal ($\frac{1}{2}$ cup oats, 1 scoop whey, 1 tbsp peanut butter, banana slices)

→ ~30g protein

Lunch: Tuna salad pita (1 can tuna in water, Greek yogurt, celery, mustard, whole wheat pita)

→ ~34g protein

Dinner: Shrimp stir-fry (6 oz shrimp, frozen stir-fry veg, low-sodium soy sauce, $\frac{1}{2}$ cup jasmine rice)

→ ~36g protein



Day 4



Breakfast: Egg white omelet (1 cup egg whites, 1 whole egg, spinach, tomato, feta, side of turkey sausage)

→ ~32g protein

Lunch: Turkey & cheese roll-ups (4 slices turkey breast, 2 slices reduced-fat cheese, hummus, cucumber slices)

→ ~31g protein

Dinner: Air-fryer chicken tenders (5 oz chicken breast, egg wash, almond flour crust, green beans, mashed cauliflower)

→ ~34g protein





DAY 5



Smoothie (1 scoop almond milk, frozen berries, 1 tbsp chia seeds, 1 tbsp almond butter)

→ ~32g protein

Lunch: Egg salad on Dave's Killer thin-sliced bread (4 boiled eggs, Greek yogurt/mayo blend) + side carrots

→ ~30g protein

Dinner: Quick beef and broccoli (4 oz flank steak, frozen broccoli, garlic, coconut aminos, sesame oil, ½ cup rice)

→ ~35g protein

Day 6



Breakfast: Cottage cheese bowl ($\frac{3}{4}$ cup low-fat cottage cheese, berries, 1 tbsp flaxseed, 1 boiled egg)

→ ~30g protein

Lunch: Chicken quesadilla (5 oz shredded rotisserie chicken, low-carb tortilla, cheese, salsa, avocado)

→ ~34g protein

Dinner: Pan-seared tilapia (5 oz tilapia fillet, olive oil, lemon pepper) with side salad & chickpeas

→ ~32g protein

DAY 7

Breakfast: High-protein waffles (Kodiak Cakes + 1 scoop whey, sugar-free syrup, peanut butter drizzle)

→ ~30g protein

Lunch: Greek chicken wrap (5 oz grilled chicken, tzatziki, lettuce, cucumber, tomato in a whole wheat wrap)

→ ~33g protein

Dinner: Zucchini noodle chicken Alfredo (shredded rotisserie chicken, zoodles, light Alfredo sauce)

→ ~34g protein





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