

2-Week Diet Plan

Week 1:

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
Day 1	Scrambled eggs with spinach and	Greek yogurt with berries.	Grilled chicken salad with mixed	Apple slices with almond butter.	Baked salmon with quinoa and
Day 2	Oatmeal with sliced banana and a	Handful of nuts (e.g., almonds or	Turkey and avocado wrap with	Carrot sticks with hummus	Stir-fried tofu with brown rice and
Day 3	Smoothie with spinach, banana	Cottage cheese with pineapple	Lentil soup with a side of whole-grain	Mixed berries.	Grilled shrimp with quinoa and
Day 4	Whole-grain toast with avocado and	Orange slices.	Quinoa salad with chickpeas.	Handful of cherry tomatoes.	Baked chicken with sweet potato
Day 5	Greek yogurt parfait with granola and	Hummus with cucumber slices	Whole-grain pasta with tomato	Apple slices with cheese	Grilled steak with roasted Brussels
Day 6	Pancakes made with whole wheat	Sliced mango with a	Quinoa-stuffed bell peppers with	Celery sticks with peanut butter.	Baked cod with a lemon-herb
Day 7	Breakfast burrito with scrambled	A cup of pineapple chunks with a	Spinach and feta omelet with a side	Greek yogurt with sliced kiwi	Turkey and vegetable kababs with

Week 2:

The 2 Week Diet

RC Schank



The 2 Week Diet:

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The 2 Week Diet Introduction

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