



# HTN meal plan

MONDAY

day 1



## *breakfast*



Oatmeal with ground flaxseed, banana, and blueberries + green tea

## *lunch*

Quinoa bowl with kale, black beans, sweet potato, and avocado + lemon vinaigrette



## *snack*



Apple slices with unsalted almond butter

## *dinner*

Baked mackerel with roasted cauliflower and garlic quinoa





# HTN meal plan

TUESDAY

day 2

## *breakfast*



Greek yogurt with strawberries, walnuts, and chia seeds + hibiscus tea

## *lunch*

Brown rice with grilled salmon, broccoli, and bell peppers + olive oil drizzle



## *snack*



Handful of pumpkin seeds + cucumber slices

## *dinner*

Grilled chicken breast with sautéed Swiss chard and brown rice





# HTN meal plan

WEDNESDAY

day 3

## *breakfast*



Sprouted grain toast with  
avocado and tomato +  
herbal tea

## *lunch*

Lentil soup with carrots, celery,  
and tomatoes + whole grain toast



## *snack*



Pear with ground flax and  
cinnamon

## *dinner*

Stuffed bell peppers with  
lentils, barley, and herbs





# HTN meal plan

THURSDAY

day 4

## *breakfast*



Smoothie with spinach, banana, chia seeds, and unsweetened almond milk + handful of almonds

## *lunch*

Chickpea salad with cucumber, red onion, parsley, lemon, and olive oil



## *snack*



Avocado on whole grain cracker

## *dinner*

Baked tofu with roasted carrots, green beans, and bulgur





# HTN meal plan

FRIDAY  
day 5

## *breakfast*



Steel-cut oats with  
cinnamon, apple slices, and  
flaxseeds + rooibos tea

## *lunch*

Tuna salad lettuce wraps  
with beets and  
cucumbers + balsamic  
vinegar



## *snack*



Carrot sticks + hummus

## *dinner*

Sardines over mixed greens  
with avocado, radish, and  
olive oil dressing





# HTN meal plan

SATURDAY

day 6

## *breakfast*



Scrambled eggs with  
spinach and tomatoes +  
slice of Ezekiel bread

## *lunch*

Tofu stir-fry with mixed veggies  
(zucchini, peppers, onions) over  
farro



## *snack*



Handful of walnuts + kiwi

## *dinner*

Vegetarian chili with kidney  
beans, tomatoes, and a side  
of couscous



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