

Monday to Sunday â?? What to eat on which day?

Description

Medical experts want to have full nutritional values in the food we eat for seven consecutive days in a week. They say what should be on our plate from Monday to Sunday. Letâ??s see that.

hereâ??s a possible meal plan for each day of the week:

Monday:

Breakfast â?? Oatmeal with fruits and nuts

Lunch â?? Grilled chicken salad

Dinner â?? Baked salmon with roasted vegetables

Tuesday:

Breakfast â?? Greek yogurt with berries and granola

Lunch â?? Quinoa and black bean bowl

Dinner â?? Beef stir-fry with brown rice

Wednesday:

Breakfast â?? Avocado toast with a boiled egg

Lunch â?? Lentil soup with a side salad

Dinner â?? Grilled shrimp with quinoa and roasted asparagus

Thursday:

Breakfast â?? Smoothie bowl with spinach, banana, and almond milk

Lunch â?? Turkey and cheese wrap with carrots and hummus

Dinner â?? Vegetarian chili with cornbread

Friday:

Breakfast â?? Whole-grain toast with peanut butter and banana

Lunch â?? Grilled vegetable panini with tomato soup

Dinner â?? Spaghetti with turkey meatballs and garlic bread

Saturday:

Breakfast â?? Scrambled eggs with whole-grain toast and fruit

Lunch â?? Grilled chicken sandwich with sweet potato fries

Dinner â?? Grilled steak with roasted Brussels sprouts and sweet potato

Sunday:

Breakfast â?? Pancakes with berries and maple syrup

Lunch â?? Vegetable frittata with a side salad

Dinner â?? Roasted chicken with mashed sweet potato and green beans

Keep in mind that this is just a sample plan, and your dietary needs and preferences may differ. It's always best to consult a healthcare professional or a registered dietitian for personalized advice.

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