

Welcome to your Free One-Month Training Program!

Are you a busy professional struggling to find time for fitness? This program is crafted for busy professionals like yourself, to save you time while helping you build muscle, lose fat, increase energy levels, relieve stress, and achieve more than you thought possible without spending hours in the gym.

I know how hard it can be to find time to work out. I've been in your shoes. After a long day at work, you just want to go home and relax. You might think you can't work out long enough to see progress, or that you need to hit the gym 4-5 days a week. Let me tell you – that's a misconception. This workout plan is designed with flexibility in mind. It offers six workout days per week as an option, but you can choose to exercise on any days that suit you best, even if it's just 2-3 times a week.

This plan allows you to work out at home, the gym, a hotel, or even your office if you have the space. Trust me, it's possible – I've done it, and so can you. You don't need to spend countless hours to see massive results. Studies have shown that short, intense workouts can be just as effective as longer sessions ([study](#)).

The goal of this program is to get you started on your fitness journey, even with a busy schedule. You'll find a mix of strength training, HIIT cardio, and flexibility exercises that you can complete in 20-40 minutes. These workouts are designed to progressively build on each other, helping you gain strength and stamina week by week.

However, to truly get the results you want, you need a personalized plan that aligns perfectly with your schedule. This general program is a great start, but the best way to achieve your fitness goals is to work with someone who can tailor a plan specifically for you. By working with me, you will get:

- **A customized workout plan that fits seamlessly into your daily routine**
- **Accountability to keep you motivated and on track**
- **Meal reviews to ensure you're fueling your body correctly**
- **Exercise video reviews to correct your form and prevent injuries**
- **A weekly end of the week call to go over everything**

Imagine having a personal trainer who understands your busy lifestyle and can help you navigate your fitness journey efficiently. If you're ready to take your fitness to the next level and achieve the results you deserve, let's set up a free consultation. You can contact me at aboubarkeita@athletic-education.com, or send me a DM on Instagram.

| Week 1 | | | | | | | |
|-----------|----------------------|----------|----------|---|------|--------|--------|
| Day | Workout | Duration | Location | Exercises | Sets | Reps | Rest |
| Monday | HIIT Cardio | 30 min | Home | Jumping Jacks, Burpees, High Knees, Mountain Climbers | 4 | 30 sec | 15 sec |
| Tuesday | Full Body Strength | 40 min | Gym | Squats, Bench Press, Bent-over Rows, Plank | 3 | 8 | 60 sec |
| Wednesday | Yoga/Stretching | 20 min | Home | Sun Salutations, Child's Pose, Downward Dog | 1 | 20 min | - |
| Thursday | Upper Body Strength | 30 min | Gym | Push-ups, Dumbbell Shoulder Press, Tricep Dips | 3 | 10 | 45 sec |
| Friday | HIIT Cardio | 20 min | Home | Jump Rope, Squat Jumps, Lunge Jumps, Push-ups | 4 | 20 sec | 10 sec |
| Saturday | Lower Body Strength | 40 min | Gym | Deadlifts, Leg Press, Calf Raises, Leg Curls | 3 | 8 | 60 sec |
| Sunday | Rest/Active Recovery | - | - | - | - | - | - |
| Week 2 | | | | | | | |
| Day | Workout | Duration | Location | Exercises | Sets | Reps | Rest |
| Monday | Full Body Strength | 40 min | Gym | Deadlifts, Pull-ups, Dumbbell Bench Press, Plank | 3 | 8 | 60 sec |
| Tuesday | HIIT Cardio | 20 min | Home | Jump Squats, Burpees, High Knees, Russian Twists | 4 | 30 sec | 15 sec |
| Wednesday | Yoga/Stretching | 30 min | Home | Warrior Pose, Triangle Pose, Cobra Pose | 1 | 30 min | - |
| Thursday | Lower Body Strength | 30 min | Gym | Lunges, Leg Extensions, Hamstring Curls, Calf Raises | 3 | 10 | 45 sec |
| Friday | Upper Body Strength | 40 min | Home | Dumbbell Flyes, Overhead Press, Bicep Curls | 3 | 10 | 60 sec |
| Saturday | HIIT Cardio | 20 min | Gym | Treadmill Sprints, Mountain Climbers, Jump Squats | 4 | 30 sec | 15 sec |
| Sunday | Rest/Active Recovery | - | - | - | - | - | - |
| Week 3 | | | | | | | |
| Day | Workout | Duration | Location | Exercises | Sets | Reps | Rest |
| Monday | HIIT Cardio | 30 min | Home | Burpees, High Knees, Plank Jacks, Jumping Jacks | 4 | 30 sec | 15 sec |
| Tuesday | Upper Body Strength | 40 min | Gym | Bench Press, Dumbbell Rows, Lateral Raises | 3 | 8 | 60 sec |
| Wednesday | Yoga/Stretching | 20 min | Home | Cat-Cow, Seated Forward Bend, Pigeon Pose | 1 | 20 min | - |
| Thursday | Full Body Strength | 30 min | Gym | Squats, Push-ups, Bent-over Rows, Bicycle Crunches | 3 | 8 | 45 sec |
| Friday | HIIT Cardio | 20 min | Home | Jump Rope, Sprint Intervals, Step-ups | 4 | 30 sec | 15 sec |
| Saturday | Lower Body Strength | 40 min | Gym | Goblet Squats, Romanian Deadlifts, Lunges | 3 | 8 | 60 sec |
| Sunday | Rest/Active Recovery | - | - | - | - | - | - |
| Week 4 | | | | | | | |
| Day | Workout | Duration | Location | Exercises | Sets | Reps | Rest |
| Monday | Full Body Strength | 40 min | Gym | Deadlifts, Pull-ups, Push-ups, Bicycle Crunches | 3 | 8 | 60 sec |
| Tuesday | HIIT Cardio | 20 min | Home | High Knees, Jump Squats, Burpees, Plank | 4 | 30 sec | 15 sec |
| Wednesday | Yoga/Stretching | 30 min | Home | Downward Dog, Tree Pose, Corpse Pose | 1 | 30 min | - |
| Thursday | Lower Body Strength | 30 min | Gym | Lunges, Glute Bridges, Calf Raises | 3 | 10 | 45 sec |
| Friday | Upper Body Strength | 40 min | Home | Overhead Press, Dumbbell Rows, Tricep Dips | 3 | 10 | 60 sec |
| Saturday | HIIT Cardio | 20 min | Gym | Sprint Intervals, Jumping Jacks, Mountain Climbers | 4 | 30 sec | 15 sec |
| Sunday | Rest/Active Recovery | - | - | - | - | - | - |

| Food Item | Serving Size | Calories | Carbs | Good to Eat | In Between | Avoid |
|-------------------|----------------------|----------|--------|-------------|------------|-------|
| Broccoli | 1 cup, chopped | 55 | 11g | ✓ | | |
| Cauliflower | 1 cup, chopped | 25 | 5g | ✓ | | |
| Spinach | 1 cup, raw | 7 | 1g | ✓ | | |
| Kale | 1 cup, chopped | 33 | 7g | ✓ | | |
| Zucchini | 1 cup, sliced | 19 | 4g | ✓ | | |
| Berries | 1 cup (strawberries) | 50 | 12g | | ✓ | |
| Quinoa | 1 cup, cooked | 222 | 39g | | ✓ | |
| Sweet Potatoes | 1 medium | 103 | 24g | | ✓ | |
| Apples | 1 medium | 95 | 25g | | ✓ | |
| Bananas | 1 medium | 105 | 27g | | ✓ | |
| Whole Wheat Bread | 1 slice | 69 | 14g | | ✓ | |
| Brown Rice | 1 cup, cooked | 218 | 45g | | ✓ | |
| Oatmeal | 1 cup, cooked | 154 | 27g | | ✓ | |
| Pasta | 1 cup, cooked | 221 | 43g | | | ✓ |
| White Bread | 1 slice | 79 | 14g | | | ✓ |
| White Rice | 1 cup, cooked | 205 | 45g | | | ✓ |
| Potatoes | 1 medium | 163 | 37g | | | ✓ |
| Sugary Cereals | 1 cup | 150-200 | 30-40g | | | ✓ |
| Soft Drinks | 1 can (12 oz) | 150 | 39g | | | ✓ |
| Cookies | 2 medium | 140 | 20g | | | ✓ |
| Candy Bars | 1 bar | 250 | 35g | | | ✓ |
| French Fries | Medium serving | 365 | 48g | | | |

Don't let a busy schedule hold you back from achieving your fitness goals. Let's work together to make your health and fitness a priority, even with your demanding lifestyle.

Take the first step today – reach out and let's get started!

Instagram - [@athletic_education](#)

Youtube - [@athletic_education](#)

Your 2-Week Diet Plan Challenge!

I've decided to include a 2-week diet challenge for you as well. This addition is designed to kickstart your journey to the reflection you want to see in the mirror and to help you feel the way you deserve - like a healthier, more energetic version of yourself!

About the Diet Plan

Our 2-Week Diet Plan is a carefully curated program that includes a variety of delicious and nutritious foods. It's designed to provide you with essential nutrients while helping you manage your calorie intake. Please note that the portion sizes and calorie estimates provided are approximate, and individual needs may vary.

How to Use the Diet Plan

1. Understanding Portion Sizes

The portion sizes mentioned in the plan are just guidelines. Depending on your individual needs, you may need to adjust them. Remember that portion control is essential for achieving your goals.

2. Customizing for Your Caloric Needs

The calorie estimates are based on average values and may not be suitable for everyone. To find out your specific daily calorie requirements, consider using an online calorie calculator or consulting a registered dietitian. Adjust your portions accordingly.

<https://tdeecalculator.net/>

3. Staying Hydrated

Don't forget to drink plenty of water throughout the day. Adequate hydration is crucial for overall health and can also help control your appetite.

4. Dietary Preferences and Allergies

If you have specific dietary preferences or allergies, feel free to make substitutions in the plan. For example, if you're vegetarian, swap out meat for plant-based proteins like tofu or legumes.

5. Meal Planning

Take some time to plan your meals and snacks in advance. Having healthy options readily available can help you stay on track.

6. Listen to Your Body

Pay attention to your body's hunger and fullness cues. Don't force yourself to eat if you're not hungry, and stop when you're satisfied.

Join Our Community

You're not alone on this journey! Join our exclusive community of challengers who are on a similar path to better health. We offer live Q&A sessions, support, and encouragement from our experienced fitness experts and fellow participants.

Here is a link to our discord server: <https://discord.gg/M38YhnyF>

Remember, the most important thing is to stay consistent and make gradual changes that you can maintain in the long run. Whether your goal is to lose weight, build muscle, or simply eat healthier, this 2-Week Diet Plan is a fantastic starting point.

Are you ready to transform yourself and embrace a healthier lifestyle? Let's get started!

Grocery List:

Proteins:

- Chicken breast (4 boneless, skinless chicken breasts) - Approx. 120g per serving, 165 calories per 3 oz (cooked)
- Turkey breast (1 lb) - Approx. 120g per serving, 161 calories per 3 oz (cooked)
- Salmon (4 fillets) - Approx. 120g per serving, 245 calories per 3 oz (cooked)
- Eggs (1 dozen) - 1 large egg, 78 calories
- Greek yogurt (32 oz) - 1 cup, plain, non-fat Greek yogurt, 130 calories
- Black beans (15 oz can) - 1/2 cup, 114 calories
- Lentils (16 oz bag) - 1/2 cup cooked, 115 calories
- Tofu (14 oz block) - 3 oz serving, 70 calories

Carbohydrates:

- Brown rice (1 lb bag) - 1/4 cup (uncooked), 160 calories
- Quinoa (1 lb bag) - 1/4 cup (uncooked), 160 calories
- Whole wheat bread (1 loaf) - 1 slice, 80 calories
- Sweet potatoes (4 medium) - 1 medium sweet potato, 103 calories
- Oats (1 lb canister) - 1/2 cup (uncooked), 150 calories
- Mixed vegetables (16 oz bag, frozen or fresh) - 1 cup, 100 calories
- Fruits (e.g., apples, bananas, berries, oranges) - Varies based on the fruit type

Healthy Fats:

- Avocado (4 avocados) - 1/4 avocado, 80 calories
- Almonds (1 lb bag) - 23 almonds, 160 calories
- Walnuts (1 lb bag) - 14 halves, 185 calories
- Olive oil (16 oz bottle) - 1 tablespoon, 120 calories
- Chia seeds (12 oz bag) - 1 tablespoon, 58 calories

****Portion Sizes and Approximate Calories per Serving:****

Week 1:

Day 1:

- Breakfast: Greek yogurt with berries and chia seeds
 - 1 cup Greek yogurt: 130 calories, 11g protein, 18g carbs, 0.2g fat
 - 1/2 cup mixed berries: ~40-50 calories, 0.5g protein, 8-10g carbs, negligible fat
 - 1 tablespoon chia seeds: 58 calories, 2g protein, 5g carbs, 4g fat

- Lunch: Grilled chicken breast with mixed vegetables and brown rice
 - 4 oz grilled chicken breast: ~165 calories, 35g protein, 0g carbs, 2g fat
 - 1 cup mixed vegetables: ~100 calories, 2g protein, 14g carbs, 0.5g fat
 - 1/2 cup brown rice (cooked): ~100-150 calories, 2g protein, 22-35g carbs, 1g fat
- Snack: Apple slices with almond butter
 - 1 medium apple: ~95 calories, 0.5g protein, 25g carbs, 0.3g fat
 - 1 tablespoon almond butter: ~95 calories, 2.5g protein, 3.5g carbs, 8g fat
- Dinner: Baked salmon with quinoa and steamed broccoli
 - 4 oz baked salmon: ~245 calories, 30g protein, 0g carbs, 13g fat
 - 1/2 cup quinoa (cooked): ~160 calories, 4g protein, 30g carbs, 3g fat
 - 1 cup steamed broccoli: ~55 calories, 2.5g protein, 11g carbs, 0.5g fat

Day 2:

- Breakfast: Scrambled eggs with spinach and whole wheat toast
 - 2 large eggs (scrambled): ~156 calories, 12.6g protein, 1.2g carbs, 10.6g fat
 - 1 cup spinach: ~7 calories, 0.9g protein, 1.1g carbs, 0.1g fat
 - 1 slice whole wheat toast: ~80 calories, 4g protein, 15g carbs, 1g fat
- Lunch: Quinoa salad with mixed veggies, black beans, and avocado
 - 1 cup cooked quinoa: ~222 calories, 8g protein, 39g carbs, 3.5g fat
 - 1/2 cup mixed veggies: ~50 calories, 1g protein, 10g carbs, 0g fat
 - 1/2 cup black beans (cooked): ~114 calories, 7.5g protein, 20g carbs, 0.5g fat
 - 1/4 avocado: ~80 calories, 1g protein, 4g carbs, 7g fat
- Snack: Carrot sticks with hummus
 - 1 medium carrot: ~25 calories, 0.6g protein, 5.8g carbs, 0.1g fat
 - 2 tablespoons hummus: ~70 calories, 2g protein, 4g carbs, 6g fat
- Dinner: Stir-fried tofu with mixed vegetables and brown rice
 - 4 oz tofu: ~70 calories, 8g protein, 1.5g carbs, 4g fat
 - 1 cup mixed vegetables: ~100 calories, 2g protein, 14g carbs, 0.5g fat
 - 1/2 cup brown rice (cooked): ~100-150 calories, 2g protein, 22-35g carbs, 1g fat

Day 3:

- Breakfast: Overnight oats with sliced banana and walnuts
 - 1/2 cup oats (uncooked): ~150 calories, 5g protein, 27g carbs, 3g fat
 - 1/2 cup almond milk: ~15 calories, 0g protein, 1g carbs, 1g fat
 - 1 medium banana: ~105 calories, 1g protein, 27g carbs, 0.4g fat

- 1 tablespoon walnuts: ~58 calories, 1.5g protein, 1.2g carbs, 5.5g fat
- Lunch: Turkey and vegetable wrap with whole wheat tortilla
 - 4 oz turkey breast: ~161 calories, 34g protein, 0g carbs, 1g fat
 - 1 whole wheat tortilla: ~130 calories, 4g protein, 24g carbs, 2g fat
 - 1 cup mixed veggies: ~100 calories, 2g protein, 14g carbs, 0.5g fat
- Snack: Greek yogurt with honey and almonds
 - 1 cup Greek yogurt: 130 calories, 11g protein, 18g carbs, 0.2g fat
 - 1 tablespoon honey: ~64 calories, negligible protein, 17g carbs, negligible fat
 - 1 tablespoon almonds: ~58 calories, 2g protein, 5g carbs, 4g fat
- Dinner: Grilled chicken with sweet potato fries and mixed greens salad
 - 4 oz grilled chicken breast: ~165 calories, 35g protein, 0g carbs, 2g fat
 - 1 medium sweet potato: ~103 calories, 2g protein, 24g carbs, 0g fat
 - 1 cup steamed asparagus: ~27 calories, 3g protein, 5g carbs, negligible fat
 - 1 cup mixed greens salad: ~10 calories, 1g protein, 2g carbs, 0g fat
 - 1 tablespoon vinaigrette: ~80 calories, negligible protein, 2g carbs, 8.5g fat

Day 4:

- Breakfast: Smoothie with spinach, banana, almond milk, and chia seeds
 - 1 cup spinach: ~7 calories, 0.9g protein, 1.1g carbs, 0.1g fat
 - 1 medium banana: ~105 calories, 1g protein, 27g carbs, 0.4g fat
 - 1/2 cup almond milk: ~15 calories, 0g protein, 1g carbs, 1g fat
 - 1 tablespoon chia seeds: 58 calories, 2g protein, 5g carbs, 4g fat
- Lunch: Lentil soup with whole wheat bread
 - 1 cup lentil soup: ~150 calories, 9g protein, 27g carbs, 0.5g fat
 - 1 slice whole wheat bread: ~80 calories, 4g protein, 15g carbs, 1g fat
- Snack: Mixed berries
 - 1 cup mixed berries: ~70-80 calories, 0.5g protein, 18g carbs, negligible fat
- Dinner: Baked cod with quinoa and asparagus
 - 4 oz baked cod: ~105 calories, 22g protein, 0g carbs, 1g fat
 - 1/2 cup quinoa (cooked): ~160 calories, 4g protein, 30g carbs, 3g fat
 - 1 cup steamed asparagus: ~27 calories, 3g protein, 5g carbs, negligible fat

Day 5:

- Breakfast: Avocado toast with poached eggs

- 1 medium avocado: ~234 calories, 2.5g protein, 12g carbs, 21g fat
- 1 slice whole wheat toast: ~80 calories, 4g protein, 15g carbs, 1g fat
- 2 large poached eggs: ~156 calories, 12.6g protein, 1.2g carbs, 10.6g fat

- Lunch: Chickpea salad with cucumbers, tomatoes, and olive oil dressing
 - 1 cup chickpeas: ~269 calories, 14.5g protein, 44.5g carbs, 4.2g fat
 - 1/2 cup cucumber slices: ~8 calories, 0.3g protein, 1.9g carbs, negligible fat
 - 1/2 cup cherry tomatoes: ~13 calories, 0.6g protein, 2.9g carbs, negligible fat
 - 1 tablespoon olive oil: ~120 calories, negligible protein, 0g carbs, 14g fat

- Snack: Rice cakes with avocado slices
 - 2 rice cakes: ~70 calories, 1g protein, 15g carbs, negligible fat
 - 1/4 avocado: ~80 calories, 1g protein, 4g carbs, 7g fat

- Dinner: Stuffed bell peppers with lean ground turkey and quinoa
 - 4 oz lean ground turkey: ~180 calories, 20g protein, 0g carbs, 10g fat
 - 1 medium bell pepper: ~25 calories, 1g protein, 6g carbs, negligible fat
 - 1/2 cup cooked quinoa: ~222 calories, 8g protein, 39g carbs, 3.5g fat

Day 6:

- Breakfast: Whole grain pancakes with fresh berries and Greek yogurt
 - 1/2 cup whole grain pancake mix (prepared): ~150 calories, 4g protein, 33g carbs, 1g fat
 - 1/2 cup mixed berries: ~70-80 calories, 0.5g protein, 18g carbs, negligible fat
 - 1/2 cup Greek yogurt: ~65 calories, 5.5g protein, 9g carbs, 0.1g fat

- Lunch: Grilled shrimp with mixed greens salad and vinaigrette
 - 4 oz grilled shrimp: ~120 calories, 24g protein, 0g carbs, 2g fat
 - 1 cup mixed greens salad: ~10 calories, 1g protein, 2g carbs, 0g fat
 - 1 tablespoon vinaigrette: ~80 calories, negligible protein, 2g carbs, 8.5g fat

- Snack: Sliced cucumber with tzatziki sauce
 - 1 medium cucumber: ~45 calories, 1g protein, 11g carbs, negligible fat
 - 2 tablespoons tzatziki sauce: ~60 calories, 2g protein, 3g carbs, 5g fat

- Dinner: Stuffed zucchini boats with lean ground beef and quinoa
 - 4 oz lean ground beef: ~180 calories, 20g protein, 0g carbs, 10g fat
 - 2 medium zucchinis: ~66 calories, 4g protein, 12g carbs, 1g fat
 - 1/2 cup cooked quinoa: ~222 calories, 8g protein, 39g carbs, 3.5g fat

Day 7:

- Breakfast: Egg white omelet with spinach, tomatoes, and feta cheese
 - 4 egg whites (omelet): ~68 calories, 14.4g protein, 0.2g carbs, 0.1g fat
 - 1 cup spinach: ~7 calories, 0.9g protein, 1.1g carbs, 0.1g fat
 - 1/2 cup cherry tomatoes: ~13 calories, 0.6g protein, 2.9g carbs, negligible fat
 - 1/4 cup crumbled feta cheese: ~100 calories, 5g protein, 1g carbs, 8g fat

- Lunch: Spinach and feta stuffed chicken breast with sweet potato
 - 4 oz chicken breast: ~165 calories, 35g protein, 0g carbs, 2g fat
 - 1 cup spinach: ~7 calories, 0.9g protein, 1.1g carbs, 0.1g fat
 - 1/4 cup crumbled feta cheese: ~100 calories, 5g protein, 1g carbs, 8g fat
 - 1 medium sweet potato: ~103 calories

Week 2:

Day 8:

- Breakfast: Smoothie with kale, banana, almond milk, and flaxseeds
 - 1 cup kale: ~33 calories, 2.9g protein, 6.7g carbs, 0.5g fat
 - 1 medium banana: ~105 calories, 1g protein, 27g carbs, 0.4g fat
 - 1/2 cup almond milk: ~15 calories, 0g protein, 1g carbs, 1g fat
 - 1 tablespoon flaxseeds: ~58 calories, 1.9g protein, 3g carbs, 4.3g fat

- Lunch: Quinoa and black bean bowl with avocado and salsa
 - 1 cup cooked quinoa: ~222 calories, 8g protein, 39g carbs, 3.5g fat
 - 1/2 cup black beans (cooked): ~114 calories, 7.5g protein, 20g carbs, 0.5g fat
 - 1/4 avocado: ~80 calories, 1g protein, 4g carbs, 7g fat
 - 2 tablespoons salsa: ~10 calories, 0.4g protein, 2.2g carbs, negligible fat

- Snack: Celery sticks with peanut butter
 - 2 medium celery stalks: ~20 calories, 0.8g protein, 4g carbs, negligible fat
 - 1 tablespoon peanut butter: ~95 calories, 4g protein, 3.5g carbs, 8g fat

- Dinner: Grilled chicken with asparagus and quinoa
 - 4 oz grilled chicken breast: ~165 calories, 35g protein, 0g carbs, 2g fat
 - 1 cup steamed asparagus: ~27 calories, 3g protein, 5g carbs, negligible fat
 - 1/2 cup cooked quinoa: ~222 calories, 8g protein, 39g carbs, 3.5g fat

Day 9:

- Breakfast: Greek yogurt with honey, almonds, and raspberries
 - 1 cup Greek yogurt: 130 calories, 11g protein, 18g carbs, 0.2g fat
 - 1 tablespoon honey: ~64 calories, negligible protein, 17g carbs, negligible fat

- 1 tablespoon almonds: ~58 calories, 2g protein, 5g carbs, 4g fat
- 1/2 cup raspberries: ~32 calories, 0.7g protein, 7.6g carbs, 0.4g fat

- Lunch: Lentil and vegetable stir-fry with tofu
 - 1/2 cup cooked lentils: ~115 calories, 9g protein, 20g carbs, 0.5g fat
 - 1 cup mixed vegetables: ~100 calories, 2g protein, 14g carbs, 0.5g fat
 - 4 oz tofu: ~70 calories, 8g protein, 1.5g carbs, 4g fat

- Snack: Orange slices
 - 1 medium orange: ~62 calories, 1.2g protein, 15g carbs, 0.2g fat

- Dinner: Baked tilapia with roasted sweet potatoes and green beans
 - 4 oz baked tilapia: ~100 calories, 23g protein, 0g carbs, 0.7g fat
 - 1 medium sweet potato: ~103 calories, 2g protein, 24g carbs, 0g fat
 - 1 cup steamed green beans: ~31 calories, 1.8g protein, 7g carbs, negligible fat

Day 10:

- Breakfast: Scrambled eggs with tomatoes, spinach, and feta cheese
 - 2 large eggs (scrambled): ~156 calories, 12.6g protein, 1.2g carbs, 10.6g fat
 - 1 medium tomato: ~22 calories, 1g protein, 5g carbs, negligible fat
 - 1 cup spinach: ~7 calories, 0.9g protein, 1.1g carbs, 0.1g fat
 - 1/4 cup crumbled feta cheese: ~100 calories, 5g protein, 1g carbs, 8g fat

- Lunch: Chickpea and vegetable curry with brown rice
 - 1 cup chickpeas: ~269 calories, 14.5g protein, 44.5g carbs, 4.2g fat
 - 1 cup mixed vegetables: ~100 calories, 2g protein, 14g carbs, 0.5g fat
 - 1/2 cup brown rice (cooked): ~100-150 calories, 2g protein, 22-35g carbs, 1g fat

- Snack: Cottage cheese with pineapple chunks
 - 1/2 cup low-fat cottage cheese: ~82 calories, 14g protein, 3.5g carbs, 1g fat
 - 1/2 cup pineapple chunks: ~40 calories, 0.5g protein, 10g carbs, negligible fat

- Dinner: Grilled turkey burger with lettuce wraps and side salad
 - 4 oz grilled turkey burger: ~180 calories, 20g protein, 0g carbs, 10g fat
 - Lettuce wraps (large leaves): ~15 calories, 1.2g protein, 2.5g carbs, negligible fat
 - 1 cup mixed greens salad: ~10 calories, 1g protein, 2g carbs, 0g fat
 - 1 tablespoon vinaigrette: ~80 calories, negligible protein, 2g carbs, 8.5g fat

Day 11:

- Breakfast: Overnight chia seed pudding with mango and coconut flakes

- 1/2 cup chia seed pudding: ~262 calories, 8g protein, 24g carbs, 14g fat
- 1/2 cup mango chunks: ~54 calories, 0.6g protein, 13.7g carbs, 0.3g fat
- 1 tablespoon coconut flakes: ~26 calories, 0.2g protein, 1g carbs, 2.4g fat

- Lunch: Spinach and mushroom omelet with whole wheat toast
 - 2 large eggs (omelet): ~156 calories, 12.6g protein, 1.2g carbs, 10.6g fat
 - 1 cup spinach: ~7 calories, 0.9g protein, 1.1g carbs, 0.1g fat
 - 1/2 cup sliced mushrooms: ~10 calories, 1g protein, 2g carbs, negligible fat
 - 1 slice whole wheat toast: ~80 calories, 4g protein, 15g carbs, 1g fat

- Snack: Cherry tomatoes with mozzarella cheese
 - 1 cup cherry tomatoes: ~27 calories, 1.3g protein, 5.8g carbs, negligible fat
 - 1 ounce mozzarella cheese: ~70-85 calories, 5-6g protein, 0.5g carbs, 4.5-6g fat

- Dinner: Baked chicken with quinoa and mixed steamed vegetables
 - 4 oz baked chicken breast: ~165 calories, 35g protein, 0g carbs, 2g fat
 - 1/2 cup cooked quinoa: ~222 calories, 8g protein, 39g carbs, 3.5g fat
 - 1 cup mixed steamed vegetables: ~100 calories, 2g protein, 14g carbs, 0.5g fat

Day 12:

- Breakfast: Whole grain waffles with mixed berries and Greek yogurt
 - 1 whole grain waffle: ~150 calories, 4g protein, 33g carbs, 1g fat
 - 1/2 cup mixed berries: ~70-80 calories, 0.5g protein, 18g carbs, negligible fat
 - 1/2 cup Greek yogurt: ~65 calories, 5.5g protein, 9g carbs, 0.1g fat

- Lunch: Shrimp and avocado salad with lime vinaigrette
 - 4 oz grilled shrimp: ~120 calories, 24g protein, 0g carbs, 2g fat
 - 1/2 avocado: ~120-150 calories, 1.5-2g protein, 6-7g carbs, 9.5-12g fat
 - 1 tablespoon lime vinaigrette: ~80 calories, negligible protein, 2g carbs, 8.5g fat
 - 1 cup mixed greens salad: ~10 calories, 1g protein, 2g carbs, 0g fat

- Snack: Sliced bell peppers with guacamole
 - 1 medium bell pepper: ~25 calories, 1g protein, 6g carbs, negligible fat
 - 2 tablespoons guacamole: ~60 calories, 1g protein, 2g carbs, 6g fat

- Dinner: Stuffed zucchini boats with lean ground beef and quinoa
 - 4 oz lean ground beef: ~180 calories, 20g protein, 0g carbs, 10g fat
 - 2 medium zucchinis: ~66 calories, 4g protein, 12g carbs, 1g fat
 - 1/2 cup cooked quinoa: ~222 calories, 8g protein, 39g carbs, 3.5g fat

Day 13:

- Breakfast: Omelet with broccoli, red bell pepper, and cheddar cheese
 - 2 large eggs (omelet): ~156 calories, 12.6g protein, 1.2g carbs, 10.6g fat
 - 1/2 cup chopped broccoli: ~15 calories, 1.3g protein, 2.6g carbs, negligible fat
 - 1/2 cup chopped red bell pepper: ~20 calories, 0.5g protein, 4.4g carbs, negligible fat
 - 1/4 cup shredded cheddar cheese: ~110 calories, 7g protein, 1g carbs, 9g fat
- Lunch: Mixed bean salad with cilantro lime dressing
 - 1 cup mixed beans (e.g., black beans, kidney beans, chickpeas): ~350 calories, 21g protein, 63g carbs, 2g fat
 - 1 tablespoon lime vinaigrette: ~80 calories, negligible protein, 2g carbs, 8.5g fat
 - 1 tablespoon chopped fresh cilantro: ~0 calories, 0g protein, 0g carbs, 0g fat
- Snack: Blueberries with cottage cheese
 - 1/2 cup low-fat cottage cheese: ~82 calories, 14g protein, 3.5g carbs, 1g fat
 - 1/2 cup blueberries: ~42 calories, 0.3g protein, 10g carbs, negligible fat
- Dinner: Baked cod with cauliflower rice and sautéed spinach
 - 4 oz baked cod: ~105 calories, 22g protein, 0g carbs, 1g fat
 - 1 cup cauliflower rice (cooked): ~25 calories, 2g protein, 5g carbs, negligible fat
 - 1 cup sautéed spinach: ~7 calories, 0.9g protein, 1.1g carbs, 0.1g fat

Day 14:

- Breakfast: Acai bowl with granola and sliced strawberries
 - 1/2 cup acai puree: ~100 calories, 2g protein, 12g carbs, 5g fat
 - 1/4 cup granola: ~140 calories, 3g protein, 23g carbs, 4g fat
 - 1/2 cup sliced strawberries: ~27 calories, 0.7g protein, 6.3g carbs, 0.2g fat
- Lunch: Turkey and vegetable stir-fry with brown rice
 - 4 oz turkey breast: ~161 calories, 34g protein, 0g carbs, 1g fat
 - 1 cup mixed vegetables: ~100 calories, 2g protein, 14g carbs, 0.5g fat
 - 1/2 cup brown rice (cooked): ~100-150 calories, 2g protein, 22-35g carbs, 1g fat
- Snack: Cucumber slices with tzatziki sauce
 - 1 medium cucumber: ~45 calories, 1g protein, 11g carbs, negligible fat
 - 2 tablespoons tzatziki sauce: ~60 calories, 2g protein, 3g carbs, 5g fat
- Dinner: Grilled vegetable and tofu skewers with quinoa
 - 4 oz tofu: ~70 calories, 8g protein, 1.5g carbs, 4g fat

- Assorted vegetables for skewers (e.g., bell peppers, zucchini, cherry tomatoes): Varies based on selection

- 1/2 cup cooked quinoa: ~222 calories, 8g protein, 39g carbs, 3.5g fat

Please note that the calorie and macronutrient values are approximate and can vary based on the specific ingredients used and the cooking method. It's important to adjust portion sizes and ingredients to fit your specific dietary needs and weight loss goals. Additionally, make sure to stay hydrated and consult with a healthcare professional or a registered dietitian before starting any new weight loss plan, especially if you have any underlying health conditions or dietary restrictions.