

4-Week Low-Calorie Meal Plan

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Week 1	Apricot-chile glazed salmon	Lemon cod with asparagus	Cauliflower tacos	Hearty Southwestern soup	Buffalo tofu salad	Low-carb teriyaki stir fry	Cucumber yogurt grilled chicken
Week 2	One-pan Mediterranean cod	Avocado tuna salad	Ground turkey and black bean wraps	Light Greek salad	Air-fried BBQ chicken tenders	Tuna-stuffed tomatoes with arugula	Dill and lemon chicken
Week 3	Spicy lamb meatballs	Healthy BLT	One-pan chicken fajitas	Chicken zoodle soup	Gluten-free panko-crusted chicken strips	Cauliflower protein pizza	Grilled salmon skewers
Week 4	Healthy Kung Pao chicken	Cucumber and deli turkey roll-ups	Turkey-stuffed peppers	Seasoned mahi-mahi with asparagus	Glazed chicken with peaches	Ground turkey with baked spaghetti squash and veggies	Citrus grilled chicken rice bowls