

# meal plan

## MONDAY

day 1

### *breakfast*



#### Egg breakfast

Scrambled eggs with smoked salmon and sautéed kale, served with a slice of toasted sourdough.

### *lunch*

#### Salad with grilled salmon

Vibrant green salad with baked salmon, creamy avocado, and a tangy olive oil and balsamic dressing.



### *snack*

#### Hummus with veggies

Hummus with crunchy carrot sticks and cucumber slices for a satisfying, nutrient-packed boost.



### *dinner*

#### Steak and asparagus

Perfectly seared grass-fed steak with roasted asparagus and baked sweet potatoes.

