

weekly Navy SEAL Meal Plan

MONDAY

Breakfast 7:00 AM

- Oatmeal with Berries
- Almonds
- Honey
- Scrambled Eggs (2 Whole, 2 Whites) with Olive Oil
- Water
- Herbal Tea

Snack 10:00 AM

- Greek Yogurt with Honey
- Flaxseeds
- 1 Apple

Lunch 1:00 PM

- Grilled Chicken
- Quinoa
- Broccoli
- Cherry Tomatoes
- Avocado
- Lemon Vinaigrette

Snack 4:00 PM

- Trail Mix (Nuts, Dried Fruit)
- Baby Carrots with Hummus

Dinner 7:00 PM

- Baked Salmon
- Sweet Potato
- Sautéed Spinach
- Whole Grain Roll

Evening Snack 9:00 PM

- Cottage Cheese with Pineapple

TUESDAY

Breakfast 7:00 AM

- Toast with Avocado
- Poached Eggs
- Fruit Salad
- Water
- Green tea

Snack 10:00 AM

- Protein Smoothie (Almond Milk, Whey Protein, Banana, Peanut Butter)

Lunch 1:00 PM

- Turkey and Veggie Wrap with Hummus
- Cherry Tomatoes

Snack 4:00 PM

- 2 Hard-Boiled Eggs
- Whole Grain Crackers

Dinner 7:00 PM

- Stir-Fry Beef and Vegetables with Brown Rice

Evening Snack 9:00 PM

- Greek Yogurt Parfait (Yogurt, Granola, Blueberries, Honey)

WEDNESDAY

Breakfast 7:00 AM

- Spinach and Mushroom Omelette
- Whole Grain Toast
- Water
- Coffee/Tea

Snack 10:00 AM

- Apple with Almond Butter

Lunch 1:00 PM

- Tuna Salad Sandwich (Greek Yogurt, Celery)
- Side Salad

Snack 4:00 PM

- Mixed Nuts and Seeds
- 1 Orange

Dinner 7:00 PM

- Grilled Shrimp
- Whole Wheat Pasta
- Marinara Sauce
- Zucchini

Evening Snack 9:00 PM

- Chocolate Protein Shake

THURSDAY

Breakfast 7:00 AM

- Greek Yogurt with Granola
- Strawberries
- Honey
- Water
- Green tea

Snack 10:00 AM

- Whole Grain Rice Cakes with Peanut Butter

Lunch 1:00 PM

- Grilled Chicken Salad (Mixed Greens, Tomatoes, Cucumbers, Feta, Olive Oil, Balsamic)

Snack 4:00 PM

- Veggie Sticks with Hummus

Dinner 7:00 PM

- Baked Cod
- Quinoa,
- Roasted Asparagus

Evening Snack 9:00 PM

- Cottage Cheese with Berries

FRIDAY

Breakfast 7:00 AM

- Breakfast Burrito (Scrambled Eggs, Black Beans, Tomatoes, Avocado, Salsa)
- Water
- Tea

Snack 10:00 AM

- Banana and Mixed Nuts

Lunch 1:00 PM

- Lean Beef Burger (Lettuce, Tomato, Onion, Cheddar)
- Sweet Potato Fries

Snack 4:00 PM

- Protein Bar
- 1 Pear

Dinner 7:00 PM

- Chicken Stir-Fry with Brown Rice

Evening Snack 9:00 PM

- Warm Milk with Honey

SATURDAY

Breakfast 7:00 AM

- Whole Grain Pancakes with Fruit and Syrup
- Turkey Bacon
- Water
- Coffee/tea

Snack 10:00 AM

- Fruit Smoothie (Milk, Berries, Protein Powder, Spinach)

Lunch 1:00 PM

- Turkey Chili (Kidney Beans, Tomatoes, Spices)
- Whole Grain Bread

Snack 4:00 PM

- Veggie Omelette
- Whole Grain Toast

Dinner 7:00 PM

- Grilled Steak
- Roasted Brussels Sprouts and Sweet Potatoes

Evening Snack 9:00 PM

- Dark Chocolate (1 oz) with Almonds

SUNDAY

Breakfast 7:00 AM

- Egg and Veggie Scramble
- Whole Grain English Muffin
- Water
- Green Tea

Snack 10:00 AM

- Yogurt with Granola
- Honey

Lunch 1:00 PM

- Chicken Caesar Salad with Parmesan
- Croutons
- Light Caesar Dressing

Snack 4:00 PM

- Smoothie Bowl (Berries, Banana, Almond Milk, Granola, Chia Seeds, Sliced Fruit)

Dinner 7:00 PM

- Pasta with Turkey Meatballs
- Marinara Sauce
- Side Salad

Evening Snack 9:00 PM

- Peanut Butter and Banana