

# Prudent Diet Meal Plan (American Style)

By [HealthPG](#)

## Day 1

Breakfast: Whole-grain toast with peanut butter, berries, black coffee or water

Lunch: Grilled chicken breast, steamed broccoli, brown rice

Snack: Apple or almonds

Dinner: Baked salmon, roasted vegetables, side salad

## Day 2

Breakfast: Oatmeal with banana, low-fat milk

Lunch: Turkey sandwich on whole-grain bread with carrot sticks

Snack: Greek yogurt

Dinner: Grilled shrimp or tofu, quinoa, green beans

## Day 3

Breakfast: Scrambled egg whites, whole-grain toast, orange

Lunch: Lentil soup, mixed greens salad

Snack: Walnuts

Dinner: Baked chicken, sweet potato, spinach

## Day 4

Breakfast: Smoothie with spinach, banana, oats, low-fat milk

Lunch: Salmon salad bowl

Snack: Celery with hummus

Dinner: Brown rice, black beans, grilled veggies

## Day 5

Breakfast: Greek yogurt with strawberries, chia seeds

Lunch: Whole-grain wrap with chicken or tofu

Snack: Grapes

Dinner: Baked cod, asparagus, baked potato

## Day 6

Breakfast: Whole-grain cereal, low-fat milk, banana

Lunch: Veggie and bean chili, salad

Snack: Roasted nuts

Dinner: Turkey meatballs, whole-wheat pasta, tomato sauce, veggies

## Day 7

Breakfast: Whole-grain waffles with blueberries and honey

Lunch: Grilled chicken salad

Snack: Baby carrots

Dinner: Vegetable soup, whole-grain toast, salad

**Disclaimer:** This meal plan is for general information only. It is not medical advice. Always consult a doctor or registered dietician before starting any diet plan.