

Breakfast (300 calories)

Avocado Toast with Cherry Tomatoes

- **1 slice of whole-grain bread** (80 calories)
- **1/4 medium avocado** (60 calories)
- **5 cherry tomatoes, halved** (15 calories)
- **1 tsp olive oil** (40 calories)
- Sprinkle of salt, pepper, and red chili flakes for flavor.

Side:

- **1 medium orange** (60 calories)
 - **1 cup green tea** (0 calories)
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Snack (150 calories)

Greek Yogurt with Almonds

- **1/2 cup plain non-fat Greek yogurt** (50 calories)
 - **1 tsp honey** (20 calories)
 - **1 tbsp slivered almonds** (80 calories)
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Lunch (350 calories)

Vegetable Stir-Fry with Tofu and Brown Rice

- **1/2 cup cooked brown rice** (110 calories)
 - **1/2 cup firm tofu, pan-seared** (90 calories)
 - **1 cup mixed vegetables (bell peppers, broccoli, carrots, snap peas)** (50 calories)
 - **1 tsp soy sauce** (10 calories)
 - **1 tsp sesame oil** (40 calories)
 - Sprinkle of sesame seeds (10 calories)
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Snack (200 calories)

Hummus and Veggie Sticks

- **1/4 cup hummus** (100 calories)
- **1 medium carrot, sliced** (25 calories)
- **1 medium cucumber, sliced** (15 calories)
- **5-6 celery sticks** (10 calories)

- **1 mini whole-grain pita bread** (50 calories)
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Dinner (200 calories)

Spinach and Feta Salad

- **1 cup fresh spinach leaves** (10 calories)
 - **1/4 cup crumbled feta cheese** (70 calories)
 - **5 cherry tomatoes** (15 calories)
 - **1 tbsp balsamic vinaigrette** (30 calories)
 - **1 tbsp pumpkin seeds** (45 calories)
 - Optional: Add herbs like parsley or basil for flavor (0 calories).
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