

Bright Line Eating Meal Plan



DAY 1

- B:** Two eggs, One oz. oats, Six oz. berries
L: Four oz. deli turkey, Six oz. carrots, One tablespoon ranch dressing
D: Four oz. chicken, Six oz. zucchini, Eight oz. salad with ranch dressing

DAY 2

- B:** Six oz. peach, One egg with half oz. cheese, One oz. oats
L: Six oz. cucumber, One cup Greek yogurt Six oz. blueberries and ranch dressing
D: Three oz. steak, Six oz. peppers in one tablespoon oil, Eight oz. salad with dressing

DAY 3

- B:** One oz. oats, Six oz. berries, Eight oz. Greek yogurt
L: Four oz. rotisserie chicken, Six oz. cucumbers, Two oz. cherry tomatoes, Six oz. grapes, Two tablespoons dressing
D: Four oz. steak, Eight oz. salad, Six oz. broccoli and olive oil

DAY 4

- B:** One egg with egg whites, Apricots, Sweet potatoes
L: Four oz. steak, Lettuce, Poppyseed dressing, Pumpkin seeds, One apple
D: Six oz. Zucchini noodles, Four oz. ground beef, Eight oz. lettuce, Cherry tomatoes, Spaghetti sauce and dressing

DAY 5

- B:** One oz. shredded wheat, Six oz. grapes, Two eggs
L: Three oz. roasted chickpeas, One tablespoon olive oil, Three apricots, Six oz. carrots
D: Four oz. rotisserie chicken, Eight oz. salad, Six oz. broccoli, One tablespoon dressing

DAY 6

- B:** One oz. oats, One egg with one oz. cheese, Six oz. cantaloupe
L: Four oz. chicken patty, One tablespoon mayo, One apricot, Half banana, Six oz. corn
D: Three oz. zucchini, Four oz. beef, Three oz. mushrooms, Eight oz. lettuce, One tablespoon ranch dressing

DAY 7

- B:** One oz. shredded wheat, Six oz. strawberries, One cup yogurt
L: Six oz. strawberries, Four oz. rotisserie chicken with Parmesan cheese, Six oz. spaghetti squash, One tablespoon avocado
D: Four oz. Pork, eight oz. Salad and six oz. vegetables with one tablespoon dressing