

Dissociated Menu:

Day 1: Protein and Vegetable Day

Breakfast: Scrambled eggs with spinach and tomatoes.

Lunch: Grilled chicken breast with steamed broccoli and cauliflower.

Dinner: Grilled salmon with a colorful salad of vegetables, peppers, and cucumbers.

Day 2: Starch and Vegetable Day

Breakfast: Oatmeal with berries and some nuts.

Lunch: Quinoa salad with roasted sweet potatoes, cherry tomatoes, and arugula.

Dinner: Baked sweet potatoes with sautéed zucchini and cherry tomatoes.

Day 3: Protein and Healthy Fat Day

Breakfast: Greek yogurt parfait with almonds, chia seeds, and a drizzle of honey.

Lunch: Avocado and chickpea salad with grilled chicken.

Dinner: Grilled shrimp with asparagus and a side of guacamole.

Day 4: Sour Fruit Day

Breakfast: Fresh fruit salad with a variety of berries and citrus fruits.

Lunch: Mango shrimp ceviche with sliced pineapple.

Dinner: Grilled chicken with tropical kiwi, mango, and lime salsa.

Day 5: Starch and Protein Day

Breakfast: Whole wheat toast with almond butter and banana slices.

Lunch: Lentil soup and quinoa.

Dinner: Grilled cod, brown rice, and stir-fried vegetables.

Day 6: Protein and Leafy Greens Day

Breakfast: Veggie omelet with spinach, mushrooms, and bell peppers.

Lunch: Tuna salad with mixed greens, cucumber, and avocado.

Dinner: Grilled turkey breast with a side of kale salad and roasted Brussels sprouts.

Day 7: Healthy Fat and Fruit Day

Breakfast: Smoothie with avocado, mixed berries, and almond milk.

Lunch: Chicken avocado wrap with lettuce, tomato, and whole grain tortilla.

Dinner: Baked salmon with mango salsa and a side of quinoa and roasted vegetables.