7-Day Meal Plan for Healthy Weight Loss

This simple plan is written by an **Iluka GP**. It's meant for generally healthy adults wanting steady, safe weight loss. If you have medical conditions (diabetes, pregnancy, medications, allergies) **book a GP consultation** first for personalised advice.

How To Use This Plan:

- Aim for small, steady progress (about 0.5–1 kg per week).
- Drink water during the day.
- Swap foods for personal needs (vegetarian, gluten-free, dairy-free).
- Prep once or twice weekly to save time.
- Meal Portions = *1 palm-sized protein + 1–2 fists of vegetables + ½ cup cooked grain/starchy veg*.

Day 1

Breakfast: Porridge (½ cup oats) with a small banana and 1 tsp seeds.
Snack: 1 apple + 8 almonds.
Lunch: Grilled chicken salad (100 g chicken, mixed leaves, tomato, ¼ avocado).
Snack: Carrot sticks + 2 tbsp hummus.
Dinner: Baked salmon (120 g) + steamed broccoli + ½ cup quinoa.

Day 2

Breakfast: 2 boiled eggs + 1 slice wholegrain toast.
Snack: Plain Greek yoghurt (120 g) + handful of berries.
Lunch: Tuna & chickpea salad (drained tuna, ½ cup chickpeas, greens).
Snack: 1 pear.
Dinner: Stir-fry with tofu or chicken, mixed veg + ½ cup brown rice.

Day 3

Breakfast: Smoothie (spinach, ½ banana, ½ cup berries, 150 g yoghurt).
Snack: Small handful mixed nuts.
Lunch: Lentil soup + side salad.
Snack: Celery + 1 tbsp peanut butter.
Dinner: Lean steak or large portobello mushroom + roasted sweet potato + salad.

Day 4

Breakfast: Overnight oats (½ cup oats + milk + 1 tbsp chia) topped with apple.
Snack: Cottage cheese + cucumber slices.

Lunch: Chicken & avocado wholegrain wrap.
Snack: Cherry tomatoes + 10 cashews.
Dinner: Baked white fish + mixed steamed vegetables + ½ cup couscous.

Day 5

Breakfast: Scrambled eggs (2) with spinach + 1 small slice wholegrain toast.
Snack: Kiwi or small banana.
Lunch: Quinoa salad (½ cup quinoa, beans or edamame, veg).
Snack: Plain yoghurt.
Dinner: Turkey or chicken mince chilli with lots of veg, small serving brown rice or salad.

Day 6

Breakfast: Unsweetened muesli with milk + berries.
Snack: 1 apple + 10 almonds.
Lunch: Grilled vegetable & feta (or tofu) salad.
Snack: Capsicum strips + 2 tbsp hummus.
Dinner: Roast chicken (skin removed) + roasted root veg + green salad.

Day 7

Breakfast: Yoghurt bowl (150 g yoghurt, berries, 1 tbsp oats).
Snack: Boiled egg or pear.
Lunch: Smoked salmon on wholegrain toast + rocket & cucumber.
Snack: Small handful mixed nuts.
Dinner: Lentil & vegetable curry + ½ cup brown rice or cauliflower rice.

Simple Swaps & Tips

- **Vegetarian:** use tofu, tempeh, legumes or eggs for protein.
- **Dairy-free:** use plant-based yoghurt/milk.
- **Lower-carb:** reduce grains and add extra non-starchy vegetables.
- **If diabetic or on medication:** consult GP before major diet changes.

Important Note:

This plan is general advice for healthy adults. If you have chronic conditions (diabetes, heart disease), are pregnant, breastfeeding, or take medications that affect appetite or metabolism, please book a GP or dietitian appointment before starting.

Iluka Medical Centre offers GP assessments, onsite pathology and dietitian support to make a safe personalised plan.

Book a GP Appointment Now