

Meal	Food	Calories	Nutrient Focus
Breakfast	Oatmeal with almond milk, topped with sliced banana, chia seeds, and honey	350	Fiber, Vitamin C, Potassium
Morning Snack	Greek yogurt with mixed berries	150	Protein, Calcium, Vitamin C
Lunch	Grilled chicken breast with quinoa and mixed vegetables (broccoli, carrots, peppers)	400	Protein, Fiber, Vitamin A, Vitamin C
Afternoon Snack	Apple slices with natural peanut butter	200	Fiber, Vitamin C, Healthy Fats
Dinner	Grilled salmon with brown rice and roasted asparagus	450	Omega-3 Fatty Acids, Protein, Fiber, Vitamin C
Evening Snack	Sliced mango with non-fat cottage cheese	120	Vitamin C, Protein, Calcium

Total Calories: 1,720

This meal plan offers a balanced combination of protein, fiber, healthy fats, and essential vitamins and minerals, all within a moderate calorie range suitable for most people. It can be adjusted according to individual preferences and dietary requirements.