

One-Week 70/30 Diet Plan Menu

This 7-day meal plan follows the 70/30 rule—eating nutritious foods 70% of the time and allowing flexibility 30% of the time. It includes 3 meals and 1 snack per day for a balanced, realistic approach to sustainable weight loss.

Day 1

(70%) Breakfast: Greek yogurt with berries, chia seeds, and a drizzle of honey.

(70%) Lunch: Grilled chicken salad with avocado, spinach, and balsamic vinaigrette.

(70%) Snack: Apple slices with almond butter.

(30%) Dinner: Whole-grain pasta with marinara sauce and a sprinkle of Parmesan cheese.

Day 2

(70%) Breakfast: Oatmeal topped with banana and walnuts.

(70%) Lunch: Turkey and veggie wrap on a whole-grain tortilla.

(70%) Snack: Handful of mixed nuts.

(30%) Dinner: Stir-fried rice with vegetables and a small portion of sweet-and-sour chicken.

Day 3

(70%) Breakfast: Spinach omelet with mushrooms and a slice of whole-grain toast.

(70%) Lunch: Lentil soup with a side salad.

(70%) Snack: Greek yogurt with a few dark chocolate chips.

(30%) Dinner: Homemade burger with sweet potato fries (use lean beef or turkey).

Day 4

(70%) Breakfast: Smoothie with protein powder, spinach, banana, and almond milk.

(70%) Lunch: Quinoa bowl with roasted veggies and chickpeas.

(70%) Snack: Cucumber slices with hummus.

(30%) Dinner: Grilled salmon, roasted potatoes, and a glass of wine.

Day 5

(70%) Breakfast: Cottage cheese with pineapple chunks.

(70%) Lunch: Chicken and vegetable stir-fry with brown rice.

(70%) Snack: Rice cakes topped with peanut butter.

(30%) Dinner: Takeout sushi or teriyaki bowl.

Day 6

(70%) Breakfast: Avocado toast with poached egg.

(70%) Lunch: Shrimp and mixed greens salad with olive oil dressing.

(70%) Snack: Small fruit smoothie.

(30%) Dinner: Homemade pizza on a whole-grain crust or flatbread.

Day 7

(70%) Breakfast: Overnight oats with blueberries and flaxseeds.

(70%) Lunch: Veggie soup with whole-grain crackers.

(70%) Snack: Carrot sticks and guacamole.

(30%) Dinner: Roast chicken, mashed potatoes, and a small dessert (like chocolate mousse or frozen yogurt).

Tips for Success

- Drink plenty of water throughout the day.
- Focus your 70% meals on lean proteins, vegetables, and high-fiber foods.
- Plan your 30% meals around social events or cravings.
- Don't feel guilty—balance is the goal, not perfection.
- Prep ingredients (like chopped veggies and cooked grains) ahead of time for convenience.

