

Easy 7 Day Lipedema Diet Plan

DAY 1	
Breakfast: Greek yogurt with berries and a sprinkle of flaxseeds.	☐
Lunch: Grilled chicken salad with mixed greens, cucumber, and a vinaigrette dressing.	☐
Snack: Carrot and celery sticks with hummus.	☐
Dinner: Baked salmon with steamed broccoli and baked sweet potato.	☐

DAY 2	
Breakfast: Omelette with a side of bacon.	☐
Lunch: Mexican style black bean bowl with avocado, cherry tomatoes, and lime dressing.	☐
Snack: Almonds and walnuts.	☐
Dinner: Stir-fry with a choice of meat or fish with broccoli, bell peppers, and optional brown rice.	☐

DAY 3	
Breakfast: Gluten free toast with almond butter and sliced strawberries.	☐
Lunch: Chicken soup with a side of mixed greens.	☐
Snack: Greek yogurt with honey and berries.	☐
Dinner: Grilled prawns with roasted asparagus and sweet potato.	☐

DAY 4	
Breakfast: Scrambled eggs with spinach and tomatoes.	☐
Lunch: Turkey and avocado wrap on a gluten free tortilla.	☐
Snack: Sliced bell peppers with guacamole.	☐
Dinner: Baked cod with steamed green vegetables.	☐

DAY 5	
Breakfast: Smoothie with spinach, banana, milk, and a scoop of protein powder.	☐
Lunch: Egg salad with lettuce, cucumber and a lemon tahini dressing.	☐
Snack: Mixed berries and nuts.	☐
Dinner: Grilled chicken breast with roasted asparagus and optional brown rice.	☐

DAY 6	
Breakfast: Cottage cheese with sliced peaches and a drizzle of honey.	☐
Lunch: Mixed bean and vegetable stir-fry.	☐
Snack: Trail mix (nuts, seeds and dried fruit).	☐
Dinner: Baked fish and steamed broccoli.	☐

DAY 7	
Breakfast: Gluten free waffles with greek yogurt and mixed berries.	☐
Lunch: Spinach and feta stuffed chicken breast with a side of sautéed spinach.	☐
Snack: Sliced cucumber with tzatziki.	☐
Dinner: Lentil and vegetable curry with an optional side of basmati rice.	☐