Name of student

Name of institution

Name of instructor

4 day meal plan for a stress eater

Stress eating is one of the practices that have seen many people gain unnecessary weight. To do away with this practice, many people opt to use different methods. The best method is to stick to a meal plan over a given period of time, like the one below.

Day 1(1631)

Breakfast: Eggs (155) with smoked salmon (208) and avocado (200).

Lunch: salad (152) and soup (200) and smoked salmon (416). You can also carry stew to your place of work in case you do not feel like buying the salad and smoked salmon.

Dinner: onions carrots and broccoli with any other vegetables that you find good with you. You only need to check on the calories to ensure they do not exceed 300 calories.

Day 2(1600)

Breakfast: soak oats (200), almonds (100) and yoghurt (200).

Lunch: Goat’s cheese (300), walnuts and olive oil (300). For the fruits the best one to use is avocado. You can also add a bit of soup (200).

Dinner: soup (200), yoghurt (200) and you can also have fresh coriander.

Day 3(1600)

Breakfast: grilled bacon together with sliced tomatoes and soup to get you going through the day(500).

Lunch: soup(200), add spinach leaves(200) and take with granary bread(400) to give the calories that you need to get going till you can have your dinner.

Dinner: Fish with plenty of vegetables and ensure that you take it with bread or your preferred starch with not too much calories (300). You need to make enough for your lunch the next day.

Day 4(1636)

Breakfast: yoghurt with berries (200). This will be important since you need a lot of energy during the day. You can spice it up with oats soaked in water overnight. (300)

Lunch: you can have the fish (300) that you made the previous day during lunch and add more fresh vegetables (200).

Dinner: chicken or turkey (284) with any salad (152) of your choice. Be sure to add avocado the meal (200).

Total calories for the four days: 6467