

Your 7-Day Weight Loss Meal & Supplement Plan- Printable Version

Day	Meals	Supplements	Why It Works
Day 1 Reset Your Gut Health	Breakfast: Overnight oats + chia seeds + berries Lunch: Grilled chicken salad with olive oil dressing Dinner: Quinoa, steamed broccoli, baked tofu	Morning: Multi Collagen Burn Evening: Fiber Fix	Boosts metabolism & digestion at the start of the week
Day 2 Appetite Control & Protein Support	Breakfast: Scrambled eggs with spinach Lunch: Turkey lettuce wraps + hummus Dinner: Grilled salmon + sweet potato wedges	Morning: Multi Collagen Burn Mid-morning: ACV Capsules	Supports protein digestion & curbs cravings
Day 3 Gut-Focused Midweek Cleanse	Breakfast: Greek yogurt with flaxseed Lunch: Lentil soup + mixed greens Dinner: Brown rice + sautéed vegetables	Morning: Fiber Fix	High fiber for bloat relief & microbiome support
Day 4 Thermogenic Push	Breakfast: Protein smoothie (add Collagen Burn) Lunch: Quinoa + chickpeas + spinach Dinner: Shrimp stir-fry with bell peppers	Morning: Multi Collagen Burn Mid-afternoon: ACV Capsules Evening: Fiber Fix	Encourages fat burn & digestive comfort
Day 5 Keep It Light, Stay Full	Breakfast: Avocado toast on sourdough Lunch: Grilled chicken bowl + greens Dinner: Roasted zucchini, carrots, boiled egg	Morning: Collagen Burn With Lunch: ACV Capsules	Keeps you satisfied while supporting skin & joints
Day 6 Rest & Digest	Breakfast: Banana + almond butter Lunch: Veggie sandwich on multigrain Dinner: Red beans, rice, and cabbage	None	Allows your body to reset and avoid supplement fatigue
Day 7 Weekend Reset	Breakfast: Smoothie bowl with berries Lunch: Chickpea salad with lemon vinaigrette Dinner: Grilled cod + asparagus	Morning: ACV Capsules Evening: Fiber Fix	Final gut reset + digestion support for a fresh new week

Bonus Tips for Long-Term Results

Here are some tips that will help you manage your weight management routine effectively.

- Drink 8 glasses of water daily (especially with fiber or ACV)
- Eat balanced, whole foods—don't under-eat
- Stay active: 20–30 mins of movement daily
- Prioritize 7–8 hours of sleep to support recovery and fat loss