

# 7-DAY BOILED EGG DIET PLAN



## QUICK FACTS

- Average Daily Calories: 800–1,100 kcal
- Protein Intake: 50–70g per day
- Carbs: Very low (under 20g/day)
- Fats: Moderate (from eggs, avocado, olive oil)

## KEY BENEFITS

- High in protein: Boosts metabolism & keeps you full
- Low in carbs: Supports rapid fat loss
- Easy to prepare & follow
- Promotes lean muscle retention
- Rich in essential nutrients (B12, Vitamin D, choline)



# DAY 1

## **Breakfast:**

2 boiled eggs

1 grapefruit

Black coffee or green tea

## **Mid-Morning Snack:**

1 boiled egg

Water with lemon

## **Lunch:**

Grilled chicken breast (150g)

Steamed spinach (1 cup)

1 boiled egg

## **Afternoon Snack:**

1 apple

Herbal tea

## **Dinner:**

2 boiled eggs

Green salad (lettuce, cucumber,  
tomato)

Steamed carrots



# DAY 2

## **Breakfast:**

2 boiled eggs

1 orange

Green tea

## **Mid-Morning Snack:**

1 boiled egg

Water with lemon

## **Lunch:**

Grilled salmon (150g)

Steamed broccoli

1 boiled egg

## **Afternoon Snack:**

1 kiwi

Herbal tea

## **Dinner:**

2 boiled eggs

Lettuce salad with olive oil

Steamed zucchini





# DAY 3

## **Breakfast:**

2 boiled eggs

½ avocado

Black coffee

## **Mid-Morning Snack:**

1 boiled egg

Water with lemon

## **Lunch:**

Grilled turkey breast (150g)

Steamed mixed vegetables

1 boiled egg

## **Afternoon Snack:**

1 apple

Herbal tea

## **Dinner:**

2 boiled eggs

Green salad

Steamed green beans



# DAY 4

## **Breakfast:**

2 boiled eggs

1 grapefruit

Green tea

## **Mid-Morning Snack:**

1 boiled egg

Water with lemon

## **Lunch:**

Grilled chicken breast

Steamed broccoli

1 boiled egg

## **Afternoon Snack:**

1 orange

Herbal tea

## **Dinner:**

2 boiled eggs

Cucumber salad

Steamed zucchini



# DAY 5

## Breakfast:

2 boiled eggs

1 apple

Black coffee

## Mid-Morning Snack:

1 boiled egg

Water with lemon

## Lunch:

Tuna (in water, no mayo)

Steamed spinach

1 boiled egg

## Afternoon Snack:

1 pear

Herbal tea

## Dinner:

2 boiled eggs

Lettuce and tomato salad

Steamed carrots





# DAY 6

## **Breakfast:**

2 boiled eggs

1 kiwi

Green tea

## **Mid-Morning Snack:**

1 boiled egg

Water with lemon

## **Lunch:**

Grilled turkey

Steamed broccoli

1 boiled egg

## **Afternoon Snack:**

1 apple

Herbal tea

## **Dinner:**

2 boiled eggs

Cucumber & lettuce salad

Steamed cauliflower



# DAY 7

## **Breakfast:**

2 boiled eggs

1 grapefruit

Green tea

## **Mid-Morning Snack:**

1 boiled egg

Water with lemon

## **Lunch:**

Baked fish

Steamed zucchini

1 boiled egg

## **Afternoon Snack:**

1 orange

Herbal tea

## **Dinner:**

2 boiled eggs

Tomato & arugula salad

Steamed green beans

