

Healthy Ramen Glow-Up 7-Day Ultra-Budget Meal Plan

Day 1

- **Breakfast:** Greek yogurt (3/4 cup) + 1 tbsp chia seeds + 1/2 sliced banana
- **Lunch:** 1/2 block ramen + 3 oz chicken + cabbage + spinach in broth
- **Dinner:** 3 oz shrimp stir fry with zucchini and frozen broccoli (olive oil + garlic)

Day 2

- **Breakfast:** 2 eggs scrambled with spinach and mushrooms
- **Lunch:** Lentil cabbage soup (1/2 cup dry lentils cooked in broth with carrots + cabbage)
- **Dinner:** 4 oz chicken + roasted broccoli and carrots (olive oil + lemon)

Day 3

- **Breakfast:** Greek yogurt (3/4 cup) + chia seeds
- **Lunch:** Shirataki noodles + shrimp + spinach + garlic broth
- **Dinner:** Tofu (4 oz) + zucchini + cabbage stir fry

Day 4

- **Breakfast:** 2 eggs + sautéed zucchini
- **Lunch:** 1/2 block ramen + tofu + cabbage + spinach in broth
- **Dinner:** Chicken (4 oz) + roasted carrots and broccoli

Day 5

- **Breakfast:** Greek yogurt + banana slices
- **Lunch:** Lentil vegetable bowl (lentils + cabbage + carrots + spinach)
- **Dinner:** Shrimp (3 oz) + zucchini + mushrooms stir fry

Day 6

- **Breakfast:** 2 eggs + spinach
- **Lunch:** Shirataki noodles + chicken + broccoli broth bowl
- **Dinner:** Tofu + roasted cabbage and carrots (olive oil + garlic)

Day 7

- **Breakfast:** Greek yogurt + chia
- **Lunch:** 1/2 block ramen + egg + cabbage + spinach in broth
- **Dinner:** Chicken + zucchini + broccoli stir fry