

# 7-Day Bone Broth & Healthy Ramen Meal Plan

A simple high-protein meal plan designed to support healthy weight loss, reduced bloating, and easy meal prep using homemade bone broth and healthier ramen-style bowls.

## Prep This on Day 1

- **Homemade Bone Broth:** chicken or beef bones, celery, onion, garlic, ginger, carrots, apple cider vinegar. Store in jars.
- **Protein Prep:** shredded chicken, boiled eggs, tofu cubes, shrimp or lean beef.
- **Vegetables to Keep Ready:** mushrooms, spinach, cabbage, bok choy, zucchini, green onions, bean sprouts.
- **Noodles:** shirataki noodles, rice noodles, soba noodles, or high-protein ramen. Keep portions small.

## Day 1

- **Breakfast:** Mug of hot bone broth, 2 boiled eggs, green tea.
- **Lunch:** Chicken Ginger Ramen Bowl with broth, shredded chicken, mushrooms, spinach, green onions, and ½ serving noodles.
- **Snack:** Cottage cheese with berries.
- **Dinner:** Beef & Bok Choy Broth Bowl with broth, lean beef, bok choy, cabbage, garlic, and chili flakes.

## Day 2

- **Breakfast:** Protein smoothie with protein powder, berries, almond milk, and spinach.
- **Lunch:** Shrimp Garlic Ramen with broth, shrimp, zucchini noodles, mushrooms, and green onions.
- **Snack:** Boiled egg and cucumber slices.
- **Dinner:** Chicken Vegetable Soup Bowl with broth, chicken, cabbage, carrots, celery, and spinach.

## Day 3

- **Breakfast:** Bone broth mug, Greek yogurt, and blueberries.
- **Lunch:** Spicy Tofu Ramen Bowl with broth, tofu, bok choy, bean sprouts, mushrooms, and a small soba noodle portion.
- **Snack:** Cottage cheese with cinnamon.
- **Dinner:** Egg Drop Broth Soup with broth, whisked eggs, spinach, green onions, and mushrooms.

## Day 4

- Breakfast: 2 eggs and broth mug.
- Lunch: Chicken Miso Ramen with broth, chicken, spinach, mushrooms, and ½ serving noodles.
- Snack: Apple slices and a small handful of almonds.
- Dinner: Beef Cabbage Soup Bowl with broth, lean beef, cabbage, zucchini, and garlic.

## Day 5

- Breakfast: Smoothie with protein powder, almond milk, strawberries, and spinach.
- Lunch: Shrimp & Vegetable Broth Bowl with shrimp, bok choy, mushrooms, broth, and green onions.
- Snack: Greek yogurt.
- Dinner: Tofu Ginger Soup with tofu, cabbage, carrots, spinach, and ginger broth.

## Day 6

- Breakfast: Bone broth mug and boiled eggs.
- Lunch: Chicken Ramen Bowl with broth, chicken, mushrooms, zucchini noodles, and spinach.
- Snack: Cottage cheese with berries.
- Dinner: Egg & Vegetable Soup with broth, eggs, bok choy, mushrooms, and bean sprouts.

## Day 7

- Breakfast: Protein smoothie.
- Lunch: Lean Beef Ramen Bowl with broth, beef, cabbage, mushrooms, green onions, and a small noodle serving.
- Snack: Boiled egg and cucumber.
- Dinner: 'Clean Out the Fridge' Broth Bowl using leftover vegetables, protein, broth, and noodles if desired.

## Best Weight Loss Tips for This Plan

- Before Meals: Drink 1 cup warm broth first. This helps reduce hunger naturally.
- Protein Portion Guide: Palm-sized serving each meal.
- Noodles: Keep portions to ½ normal serving.
- Vegetables: Unlimited non-starchy vegetables.

## Condiments That Help

- Use lightly: low-sodium soy sauce, garlic, ginger, chili flakes, rice vinegar, and a tiny amount of sesame oil.

## **Things to Avoid During the 7 Days**

- Sugary drinks
- Fast food
- Chips
- Desserts
- Alcohol
- Heavy cream sauces
- Late-night snacking