

Balanced Omega-3 Rich Diet Plan

Day 1

- **Breakfast:** Smoked salmon on whole-grain toast with avocado
- **Snack:** Chia seed pudding with berries
- **Lunch:** Grilled mackerel salad with mixed greens and olive oil dressing
- **Snack:** Handful of walnuts and a boiled egg
- **Dinner:** Baked salmon with quinoa and steamed broccoli

Day 2

- **Breakfast:** Greek yogurt with flaxseeds and mixed nuts
- **Snack:** Tuna salad on whole-grain crackers
- **Lunch:** Sardine and spinach wrap with hummus
- **Snack:** Pumpkin seeds and a smoothie with banana and almond milk
- **Dinner:** Grilled trout with roasted sweet potatoes and asparagus

Day 3

- **Breakfast:** Scrambled eggs with flaxseed toast and sautéed kale

- **Snack:** Cottage cheese with walnuts and blueberries
- **Lunch:** Lentil and salmon soup with a side of quinoa
- **Snack:** Dark chocolate with almonds
- **Dinner:** Baked cod with brown rice and sautéed spinach

Day 4

- **Breakfast:** Smoothie with chia seeds, spinach, and almond butter
- **Snack:** Boiled egg with flaxseed crackers
- **Lunch:** Grilled sardine salad with tomatoes and olive oil
- **Snack:** Greek yogurt with sunflower seeds
- **Dinner:** Roasted salmon with wild rice and roasted Brussels sprouts

Day 5

- **Breakfast:** Oatmeal with flaxseeds, walnuts, and honey
- **Snack:** Smoked salmon roll-ups with cream cheese
- **Lunch:** Quinoa salad with grilled tuna and mixed vegetables

- **Snack:** Dark chocolate with hazelnuts
- **Dinner:** Baked trout with mashed sweet potatoes and steamed green beans

Day 6

- **Breakfast:** Whole-grain pancakes with flaxseeds and almond butter
- **Snack:** Chia pudding with coconut flakes
- **Lunch:** Grilled chicken salad with walnuts and olive oil dressing
- **Snack:** Boiled egg and mixed nuts
- **Dinner:** Broiled salmon with wild rice and roasted zucchini

Day 7

- **Breakfast:** Scrambled eggs with smoked salmon and avocado toast
- **Snack:** Cottage cheese with flaxseeds and berries
- **Lunch:** Sardine and quinoa bowl with leafy greens
- **Snack:** Pumpkin seeds and an apple
- **Dinner:** Baked mackerel with roasted sweet potatoes and steamed spinach

Hydration Tip: Drink plenty of water and include herbal teas.

Cooking Tips: Use healthy oils like olive oil, flaxseed oil, or walnut oil for dressings and cooking.

Omega-3 Boosters: Incorporate seaweed, hemp seeds, and omega-3-enriched eggs for additional benefits.