

14-day hard-boiled egg diet plan:

Day 1

- Breakfast: Two hard-boiled eggs, one slice of whole-wheat toast, and a cup of coffee or tea.
- Lunch: Salad with grilled chicken or fish, one hard-boiled egg, and a side of vegetables.
- Dinner: Grilled salmon with roasted vegetables and one hard-boiled egg.

Day 2

- Breakfast: Two hard-boiled eggs, one cup of oatmeal, and a cup of fruit.
- Lunch: Soup with a side salad and one hard-boiled egg.
- Dinner: Chicken stir-fry with vegetables and one hard-boiled egg.

Day 3

- Breakfast: Two hard-boiled eggs, one piece of fruit, and a cup of yogurt.
- Lunch: Tuna salad sandwich on whole-wheat bread with a side of vegetables.
- Dinner: Spaghetti squash with marinara sauce and one hard-boiled egg.

Day 4

- Breakfast: Two hard-boiled eggs, one serving of cereal with milk, and a cup of fruit.
- Lunch: Leftovers from dinner.
- Dinner: Turkey burgers with whole-wheat buns, vegetables, and one hard-boiled egg.

Day 5

- Breakfast: Two hard-boiled eggs, one serving of oatmeal with fruit, and a cup of coffee or tea.
- Lunch: Salad with grilled chicken or fish, one hard-boiled egg, and a side of vegetables.
- Dinner: Salmon with roasted vegetables and one hard-boiled egg.

Day 6

- Breakfast: Two hard-boiled eggs, one cup of yogurt, and a piece of fruit.
- Lunch: Soup with a side salad and one hard-boiled egg.
- Dinner: Chicken stir-fry with vegetables and one hard-boiled egg.

Day 7

- Breakfast: Two hard-boiled eggs, one piece of fruit, and a cup of yogurt.
- Lunch: Leftovers from dinner.
- Dinner: Spaghetti squash with marinara sauce and one hard-boiled egg.

Day 8

- Breakfast: Two hard-boiled eggs, one serving of cereal with milk, and a cup of fruit.
- Lunch: Salad with grilled chicken or fish, one hard-boiled egg, and a side of vegetables.
- Dinner: Turkey burgers with whole-wheat buns, vegetables, and one hard-boiled egg.

Day 9

- Breakfast: Two hard-boiled eggs, one serving of oatmeal with fruit, and a cup of coffee or tea.
- Lunch: Soup with a side salad and one hard-boiled egg.
- Dinner: Salmon with roasted vegetables and one hard-boiled egg.

Day 10

- Breakfast: Two hard-boiled eggs, one cup of yogurt, and a piece of fruit.
- Lunch: Leftovers from dinner.
- Dinner: Chicken stir-fry with vegetables and one hard-boiled egg.

Day 11

- Breakfast: Two hard-boiled eggs, one piece of fruit, and a cup of yogurt.
- Lunch: Salad with grilled chicken or fish, one hard-boiled egg, and a side of vegetables.
- Dinner: Spaghetti squash with marinara sauce and one hard-boiled egg.

Day 12

- Breakfast: Two hard-boiled eggs, one serving of cereal with milk, and a cup of fruit.
- Lunch: Soup with a side salad and one hard-boiled egg.
- Dinner: Turkey burgers with whole-wheat buns, vegetables, and one hard-boiled egg.

Day 13

- Breakfast: Two hard-boiled eggs, one serving of oatmeal with fruit, and a cup of coffee or tea.
- Lunch: Leftovers from dinner.
- Dinner: Salmon with roasted vegetables and one hard-boiled egg.

Day 14

- Breakfast: Two hard-boiled eggs, one cup of yogurt, and a piece of fruit.
- Lunch: Salad with grilled chicken or fish, one hard-boiled egg, and a side of vegetables.
- Dinner: Out to eat! Enjoy a healthy meal with friends or family.

This is just a sample diet plan, and you may need to adjust it to fit your individual needs and preferences. Be sure to talk to your doctor before starting any new diet plan.