

5 Day Apple Diet Plan

Day	Breakfast	Mid-morning snack	Lunch	Afternoon snack	Dinner
1	2 apples with a sprinkle of cinnamon and 1 cup of green tea	1 Apple sliced with a tablespoon of almond butter	Salad with mixed greens, grilled chicken or fish, apple slices, walnuts, and a light vinaigrette dressing	Apple smoothie made with 1 apple, a handful of spinach, a banana, and almond milk	Baked or grilled salmon with roasted vegetables (carrots, broccoli, zucchini) and 1 Apple
2	Oatmeal with 1 chopped apple, cinnamon, and a drizzle of honey and 1 cup of herbal tea	1 Apple slices with a handful of almonds or walnuts	Whole-wheat toast with avocado, 1 sliced apple, and a sprinkle of chia seeds	1 Apple and celery stick with a side of hummus	Chicken or lentil soup with 1 chopped apples and vegetables
3	1 Apple and banana smoothie bowl topped with granola and berries and 1 cup of green tea	1 Apple slices with a tablespoon of peanut butter	Salad with mixed greens, quinoa, apple slices, feta cheese, and a light vinaigrette dressing	1 Apple and carrot stick with a side of Greek yogurt dip	Turkey or tofu stir-fry with mixed vegetables and apple chunks
4	1 Apple pancakes made with whole-wheat flour, chopped apples, and cinnamon and 1 cup of herbal tea	Apple slices with a drizzle of honey and a sprinkle of granola	Whole-wheat wrap with grilled chicken or tofu, apple slices, lettuce, and a light dressing	1 Apple and cucumber stick with a side of guacamole	Baked or grilled chicken breast with roasted sweet potatoes and apple chunks
5	1 Apple and yogurt parfait with granola and berries and 1 cup of green tea	Apple slices with a handful of trail mix	Salad with mixed greens, hard-boiled egg, apple slices, avocado, and a light vinaigrette dressing	1 Apple and pear slices with a side of cottage cheese	Vegetarian chili with beans, vegetables, and apple chunks

Remember to drink plenty of water throughout the day to stay hydrated and support your energy levels. Drink at least 2 liters of water a day. The other foods on the diet plan should be low-fat (low-fat cheese, lean meat).