



MEAL PLANNING AND HEALTHY EATING



WELCOME TO YOUR MISSION

Self-care is essential, and a key component is selecting foods that are nutritious, delicious, and uplifting.

To support your journey towards optimal health, we have crafted a 30-day healthy eating meal plan filled with tasty recipes that you and your family can enjoy together. This plan is designed to provide a variety of food ideas, focusing on establishing a routine, introducing variety, enhancing fiber and hydration, incorporating heart-healthy foods, and reinforcing good habits.

This guide offers inspiration for creating your own meal plan, emphasizing the importance of balanced nutrition tailored to individual preferences and needs. While this guide serves as a helpful suggestion, it should not replace consultations with your physician. Always consult your healthcare team to develop a wellness plan that is safe and tailored to your specific needs.



KEY POINTS TO REMEMBER:

Hydration:

Encourage drinking water throughout the day. Herbal teas and flavored water with lemon or cucumber can add variety.

Portion Control:

Serve smaller, manageable portions to avoid overeating and ensure meals are easily digestible.

Diverse Nutrients:

Focus on a variety of fruits, vegetables, lean proteins, whole grains, and healthy fats.

Accessibility:

Ensure meals are easy to prepare and do not require excessive effort, considering physical limitations.



BREAKFAST RECIPES

RECIPE	INGREDIENTS	INSTRUCTIONS
OATMEAL WITH BERRIES AND CHIA SEEDS	1/2 CUP ROLLED OATS, 1 CUP WATER OR MILK, 1/4 CUP FRESH BERRIES, 1 TSP CHIA SEEDS, HONEY OR MAPLE SYRUP (OPTIONAL)	COOK OATS IN WATER OR MILK ACCORDING TO PACKAGE INSTRUCTIONS, TOP WITH BERRIES AND CHIA SEEDS, DRIZZLE WITH HONEY OR MAPLE SYRUP IF DESIRED.
SCRAMBLED EGGS WITH SPINACH, TOAST	2 EGGS, 1/2 CUP SPINACH, CHOPPED, 1 SLICE WHOLE GRAIN TOAST, SALT AND PEPPER TO TASTE	SCRAMBLE EGGS AND COOK WITH SPINACH UNTIL DONE, SERVE WITH WHOLE GRAIN TOAST, SEASON WITH SALT AND PEPPER.
SMOOTHIE WITH SPINACH, BERRIES, YOGURT	1 CUP SPINACH, 1/2 CUP MIXED BERRIES, 1/2 CUP GREEK YOGURT, 1 CUP WATER OR MILK	BLEND ALL INGREDIENTS UNTIL SMOOTH.
WHOLE GRAIN CEREAL WITH MILK & BANANA	1 CUP WHOLE GRAIN CEREAL, 1 CUP MILK, 1 BANANA, SLICED	SERVE CEREAL WITH MILK AND TOP WITH BANANA SLICES.
WHOLE GRAIN TOAST WITH AVOCADO & EGG	1 SLICE WHOLE GRAIN TOAST, 1/2 AVOCADO, MASHED, 1 BOILED EGG, SALT AND PEPPER TO TASTE	SPREAD MASHED AVOCADO ON TOAST, TOP WITH SLICED BOILED EGG, SEASON WITH SALT AND PEPPER.



LUNCH RECIPES

RECIPE	INGREDIENTS	INSTRUCTIONS
CHICKEN AND VEGETABLE STIR-FRY WITH BROWN RICE	1 CHICKEN BREAST, SLICED, 1 CUP MIXED VEGETABLES (E.G., BELL PEPPERS, BROCCOLI, CARROTS), 1 CUP COOKED BROWN RICE, SOY SAUCE OR STIR-FRY SAUCE	STIR-FRY CHICKEN AND VEGETABLES UNTIL COOKED, SERVE OVER BROWN RICE WITH SOY SAUCE OR STIR-FRY SAUCE.
GRILLED CHICKEN CAESAR SALAD WITH WHOLE GRAIN CROUTONS	1 GRILLED CHICKEN BREAST, SLICED, 2 CUPS ROMAINE LETTUCE, CHOPPED, 1/4 CUP CAESAR DRESSING, 1/4 CUP WHOLE GRAIN CROUTONS	TOSS LETTUCE WITH CAESAR DRESSING, TOP WITH GRILLED CHICKEN AND CROUTONS.
LENTIL SOUP WITH MIXED VEGETABLE SALAD	1 CUP LENTIL SOUP (HOMEMADE OR STORE-BOUGHT), 1 CUP MIXED GREENS, 1/2 CUP CHERRY TOMATOES, HALVED, 1/2 CUCUMBER, SLICED, LIGHT VINAIGRETTE DRESSING	HEAT LENTIL SOUP, TOSS MIXED GREENS, CHERRY TOMATOES, AND CUCUMBER WITH VINAIGRETTE FOR SALAD.
QUINOA SALAD WITH CHICKPEAS, CUCUMBERS, TOMATOES	1/2 CUP QUINOA, COOKED, 1/2 CUP CHICKPEAS, 1/2 CUCUMBER, DICED, 1/2 CUP CHERRY TOMATOES, HALVED, 2 TBSP LEMON-TAHINI DRESSING	MIX QUINOA, CHICKPEAS, CUCUMBER, AND CHERRY TOMATOES, TOSS WITH LEMON-TAHINI DRESSING.
TUNA SALAD ON WHOLE GRAIN BREAD WITH BABY CARROTS	1 CAN TUNA, DRAINED, 1 TBSP MAYONNAISE, 2 SLICES WHOLE GRAIN BREAD, 1 CUP BABY CARROTS	MIX TUNA WITH MAYONNAISE AND SPREAD ON BREAD. SERVE WITH BABY CARROTS
TURKEY AND CHEESE SANDWICH WITH SIDE SALAD	2 SLICES WHOLE GRAIN BREAD, 2 OZ TURKEY BREAST, 1 SLICE CHEESE, 1 CUP MIXED GREENS, 1/2 CUP CHERRY TOMATOES, HALVED, LIGHT VINAIGRETTE DRESSING	ASSEMBLE SANDWICH WITH TURKEY AND CHEESE, TOSS MIXED GREENS AND CHERRY TOMATOES WITH VINAIGRETTE FOR SIDE SALAD.
VEGGIE WRAP WITH HUMMUS, LETTUCE, TOMATO, AND CUCUMBER	1 WHOLE GRAIN TORTILLA, 3 TABLESPOONS HUMMUS, 1 CUP LETTUCE, CHOPPED, 1 MEDIUM TOMATO, SLICED, 1/2 CUCUMBER, SLICED, 1/4 RED ONION, THINLY SLICED (OPTIONAL), 1/4 CUP SHREDDED CARROTS (OPTIONAL), SALT AND PEPPER TO TASTE	SPREAD HUMMUS ON THE TORTILLA, LAYER LETTUCE, TOMATO, CUCUMBER, AND OPTIONAL VEGGIES, SPRINKLE WITH SALT AND PEPPER, ROLL UP THE TORTILLA TIGHTLY AND CUT IN HALF



DINNER RECIPES

RECIPE	INGREDIENTS	INSTRUCTIONS
BAKED TOFU WITH QUINOA AND BRUSSELS SPROUTS	1 BLOCK TOFU, 1 CUP BRUSSELS SPROUTS, 1/2 CUP QUINOA, SOY SAUCE	MARINATE TOFU IN SOY SAUCE, THEN BAKE WITH BRUSSELS SPROUTS AT 400°F FOR 20-25 MINS. COOK QUINOA PER PACKAGE INSTRUCTIONS.
GRILLED CHICKEN WITH QUINOA AND BRUSSELS SPROUTS	1 CHICKEN BREAST, 1 CUP BRUSSELS SPROUTS, 1/2 CUP QUINOA, SALT AND PEPPER	GRILL SEASONED CHICKEN FOR 6-7 MINS EACH SIDE, ROAST BRUSSELS SPROUTS AT 400°F FOR 20 MINS.. COOK QUINOA PER PACKAGE INSTRUCTIONS.
GRILLED SHRIMP WITH QUINOA, MIXED VEGETABLES	1 CUP SHRIMP, GRILLED, 1/2 CUP QUINOA, COOKED, 1 CUP MIXED VEGETABLES (E.G., BELL PEPPERS, ZUCCHINI, CARROTS)	GRILL SHRIMP UNTIL COOKED, COOK QUINOA ACCORDING TO PACKAGE INSTRUCTIONS, STEAM OR SAUTÉ MIXED VEGETABLES.
SPAGHETTI WITH MARINARA, STEAMED SPINACH	1CUP COOKED WHOLE GRAIN SPAGHETTI, 1/2 CUP MARINARA SAUCE, 1 CUP SPINACH, STEAMED	COOK SPAGHETTI ACCORDING TO PACKAGE INSTRUCTIONS, HEAT MARINARA SAUCE AND COMBINE WITH SPAGHETTI, SERVE WITH STEAMED SPINACH.
TURKEY MEATLOAF WITH MASHED SWEET POTATOES AND GREEN BEANS	1 LB GROUND TURKEY, 1 EGG, 1/2 CUP BREADCRUMBS, 1/2 CUP ONION, CHOPPED, 2 SWEET POTATOES, MASHED, 1 CUP GREEN BEANS, STEAMED	PREHEAT OVEN TO 375°F (190°C), MIX TURKEY, EGG, BREADCRUMBS, AND ONION, SHAPE INTO A LOAF AND BAKE FOR 45 MINUTES, SERVE WITH MASHED SWEET POTATOES AND STEAMED GREEN BEANS.
BAKED CHICKEN WITH SWEET POTATO AND GREEN BEANS	1 CHICKEN BREAST, 1 SWEET POTATO, CUBED, 1 CUP GREEN BEANS, OLIVE OIL, SALT, AND PEPPER	PREHEAT OVEN TO 375°F (190°C). SEASON CHICKEN WITH OLIVE OIL, SALT, AND PEPPER, BAKE FOR 20-25 MINUTES, ROAST SWEET POTATO CUBES AND GREEN BEANS WITH OLIVE OIL, SALT, AND PEPPER UNTIL TENDER.
GRILLED PORK WITH ROASTED VEGGIES	2 PORK TENDERLOIN PIECES, 1 SWEET POTATO, CUBED, 1 CUP MIXED VEGETABLES (CARROTS, BELL PEPPERS, ZUCCHINI, ETC.), OLIVE OIL, SALT, PEPPER, AND HERBS (OPTIONAL)	PREHEAT GRILL TO MEDIUM-HIGH, SEASON PORK TENDERLOIN WITH OLIVE OIL, SALT, PEPPER, AND HERBS. GRILL 4-5 MINUTES PER SIDE, TOSS SWEET POTATOES AND MIXED VEGETABLES WITH OLIVE OIL, SALT, AND PEPPER, ROAST AT 400°F FOR 25-30 MINUTES.



WEEK 1: ESTABLISHING A ROUTINE

DAY	BREAKFAST	MID-MORNING SNACK	LUNCH	AFTERNOON SNACK	DINNER	EVENING SNACK
DAY 1	OATMEAL WITH BERRIES AND CHIA SEEDS	GREEK YOGURT WITH HONEY	GRILLED CHICKEN SALAD	SLICED APPLE WITH PB	BAKED TOFU WITH QUINOA AND BRUSSELS SPROUTS	HANDFUL OF ALMONDS
DAY 2	WHOLE GRAIN TOAST WITH AVOCADO & EGG	COTTAGE CHEESE WITH PINEAPPLE	TURKEY & CHEESE SANDWICH, SIDE SALAD	SLICED CUCUMBER WITH HUMMUS	SPAGHETTI WITH MARINARA, STEAMED SPINACH	SMALL BANANA
DAY 3	SCRAMBLED EGGS WITH SPINACH, TOAST	A PEAR	LENTIL SOUP, MIXED VEGETABLE SALAD	CARROT STICKS WITH HUMMUS	GRILLED CHICKEN WITH QUINOA AND BRUSSELS SPROUTS	PIECE OF DARK CHOCOLATE
DAY 4	SMOOTHIE WITH SPINACH, BERRIES, YOGURT	HANDFUL OF WALNUTS	CHICKEN & VEGETABLE STIR-FRY WITH BROWN RICE	ORANGE SLICES	BAKED CHICKEN WITH SWEET POTATO, GREEN BEANS	WHOLE GRAIN CRACKERS & CHEESE
DAY 5	WHOLE GRAIN CEREAL WITH MILK & BANANA	MIXED NUTS AND DRIED FRUITS	TUNA SALAD ON WHOLE GRAIN BREAD, BABY CARROTS	APPLE SLICES	TURKEY MEATLOAF, MASHED SWEET POTATOES, BROCCOLI	LOW-FAT YOGURT WITH HONEY
DAY 6	WHOLE GRAIN TOAST WITH AVOCADO & EGG	SMOOTHIE WITH KALE, MANGO, ALMOND MILK	QUINOA SALAD WITH CHICKPEAS, CUCUMBERS, TOMATOES	CELERY STICKS WITH ALMOND BUTTER	GRILLED PORK WITH ROASTED VEGGIES	SMALL HANDFUL OF ALMONDS
DAY 7	OATMEAL WITH ALMONDS, BLUEBERRIES	COTTAGE CHEESE WITH SLICED PEACHES	GRILLED CHICKEN CAESAR SALAD	BELL PEPPERS WITH HUMMUS	GRILLED SHRIMP WITH QUINOA, MIXED VEGETABLES	SMALL APPLE



WEEK 2: INTRODUCING VARIETY

DAY	BREAKFAST	MID-MORNING SNACK	LUNCH	AFTERNOON SNACK	DINNER	EVENING SNACK
DAY 8	SCRAMBLED EGGS WITH SPINACH, TOAST	SMALL HANDFUL OF MIXED NUTS	VEGGIE WRAP WITH HUMMUS, LETTUCE, TOMATO, CUCUMBER	SLICED STRAWBERRIES	BAKED CHICKEN BREAST WITH BROCCOLI, BROWN RICE	PIECE OF DARK CHOCOLATE
DAY 9	WHOLE GRAIN CEREAL WITH MILK & BANANA	GREEK YOGURT WITH HONEY	TURKEY & CHEESE SANDWICH, SIDE SALAD	CARROT STICKS WITH HUMMUS	SPAGHETTI WITH MARINARA, STEAMED SPINACH	SMALL BANANA
DAY 10	SMOOTHIE WITH SPINACH, BERRIES, YOGURT	COTTAGE CHEESE WITH PINEAPPLE	CHICKEN & VEGETABLE STIR-FRY WITH BROWN RICE	SLICED CUCUMBER WITH HUMMUS	BAKED TOFU WITH QUINOA AND BRUSSELS SPROUTS	SMALL HANDFUL OF WALNUTS
DAY 11	OATMEAL WITH BERRIES AND CHIA SEEDS	A PEAR	LENTIL SOUP, MIXED VEGETABLE SALAD	CELERY STICKS WITH ALMOND BUTTER	GRILLED CHICKEN WITH QUINOA AND BRUSSELS SPROUTS	PIECE OF DARK CHOCOLATE
DAY 12	WHOLE GRAIN TOAST WITH AVOCADO & EGG	MIXED NUTS AND DRIED FRUITS	TUNA SALAD ON WHOLE GRAIN BREAD, BABY CARROTS	APPLE SLICES	TURKEY MEATLOAF, MASHED SWEET POTATOES, BROCCOLI	LOW-FAT YOGURT WITH HONEY
DAY 13	SCRAMBLED EGGS WITH SPINACH, TOAST	HANDFUL OF ALMONDS	QUINOA SALAD WITH CHICKPEAS, CUCUMBERS, TOMATOES	ORANGE SLICES	GRILLED PORK WITH ROASTED VEGGIES	WHOLE GRAIN CRACKERS & CHEESE
DAY 14	SMOOTHIE WITH SPINACH, BERRIES, YOGURT	COTTAGE CHEESE WITH SLICED PEACHES	GRILLED CHICKEN CAESAR SALAD	BELL PEPPERS WITH HUMMUS	GRILLED SHRIMP WITH QUINOA, MIXED VEGETABLES	SMALL APPLE



WEEK 3: FIBER AND HYDRATION

DAY	BREAKFAST	MID-MORNING SNACK	LUNCH	AFTERNOON SNACK	DINNER	EVENING SNACK
DAY 15	WHOLE GRAIN CEREAL WITH MILK & BANANA	GREEK YOGURT WITH HONEY	VEGGIE WRAP WITH HUMMUS, LETTUCE, TOMATO, CUCUMBER	SLICED STRAWBERRIES	BAKED CHICKEN BREAST WITH BROCCOLI, BROWN RICE	PIECE OF DARK CHOCOLATE
DAY 16	OATMEAL WITH BERRIES AND CHIA SEEDS	COTTAGE CHEESE WITH PINEAPPLE	CHICKEN & VEGETABLE STIR-FRY WITH BROWN RICE	SLICED CUCUMBER WITH HUMMUS	GRILLED CHICKEN WITH QUINOA AND BRUSSELS SPROUTS	SMALL HANDFUL OF ALMONDS
DAY 17	SMOOTHIE WITH SPINACH, BERRIES, YOGURT	A PEAR	LENTIL SOUP, MIXED VEGETABLE SALAD	CARROT STICKS WITH HUMMUS	BAKED TOFU WITH QUINOA AND BRUSSELS SPROUTS	PIECE OF DARK CHOCOLATE
DAY 18	WHOLE GRAIN TOAST WITH AVOCADO & EGG	MIXED NUTS AND DRIED FRUITS	TUNA SALAD ON WHOLE GRAIN BREAD, BABY CARROTS	APPLE SLICES	TURKEY MEATLOAF, MASHED SWEET POTATOES, BROCCOLI	LOW-FAT YOGURT WITH HONEY
DAY 19	SCRAMBLED EGGS WITH SPINACH, TOAST	HANDFUL OF WALNUTS	QUINOA SALAD WITH CHICKPEAS, CUCUMBERS, TOMATOES	ORANGE SLICES	GRILLED PORK WITH ROASTED VEGGIES	WHOLE GRAIN CRACKERS & CHEESE
DAY 20	SMOOTHIE WITH SPINACH, BERRIES, YOGURT	COTTAGE CHEESE WITH SLICED PEACHES	GRILLED CHICKEN CAESAR SALAD	BELL PEPPERS WITH HUMMUS	GRILLED SHRIMP WITH QUINOA, MIXED VEGETABLES	SMALL APPLE
DAY 21	WHOLE GRAIN CEREAL WITH MILK & BANANA	GREEK YOGURT WITH HONEY	VEGGIE WRAP WITH HUMMUS, LETTUCE, TOMATO, CUCUMBER	SLICED STRAWBERRIES	BAKED CHICKEN BREAST WITH BROCCOLI, BROWN RICE	PIECE OF DARK CHOCOLATE



WEEK 4: HEART-HEALTHY FOODS

DAY	BREAKFAST	MID-MORNING SNACK	LUNCH	AFTERNOON SNACK	DINNER	EVENING SNACK
DAY 22	OATMEAL WITH BERRIES AND CHIA SEEDS	COTTAGE CHEESE WITH PINEAPPLE	CHICKEN & VEGETABLE STIR-FRY WITH BROWN RICE	SLICED CUCUMBER WITH HUMMUS	GRILLED CHICKEN WITH QUINOA AND BRUSSELS SPROUTS	SMALL HANDFUL OF ALMONDS
DAY 23	SMOOTHIE WITH SPINACH, BERRIES, YOGURT	A PEAR	LENTIL SOUP, MIXED VEGETABLE SALAD	CARROT STICKS WITH HUMMUS	BAKED TOFU WITH QUINOA AND BRUSSELS SPROUTS	PIECE OF DARK CHOCOLATE
DAY 24	WHOLE GRAIN TOAST WITH AVOCADO & EGG	MIXED NUTS AND DRIED FRUITS	TUNA SALAD ON WHOLE GRAIN BREAD, BABY CARROTS	APPLE SLICES	TURKEY MEATLOAF, MASHED SWEET POTATOES, BROCCOLI	LOW-FAT YOGURT WITH HONEY
DAY 25	SCRAMBLED EGGS WITH SPINACH, TOAST	HANDFUL OF WALNUTS	QUINOA SALAD WITH CHICKPEAS, CUCUMBERS, TOMATOES	ORANGE SLICES	GRILLED PORK WITH ROASTED VEGGIES	WHOLE GRAIN CRACKERS & CHEESE
DAY 26	SMOOTHIE WITH SPINACH, BERRIES, YOGURT	COTTAGE CHEESE WITH SLICED PEACHES	GRILLED CHICKEN CAESAR SALAD	BELL PEPPERS WITH HUMMUS	GRILLED SHRIMP WITH QUINOA, MIXED VEGETABLES	SMALL APPLE
DAY 27	WHOLE GRAIN CEREAL WITH MILK & BANANA	GREEK YOGURT WITH HONEY	VEGGIE WRAP WITH HUMMUS, LETTUCE, TOMATO, CUCUMBER	SLICED STRAWBERRIES	BAKED CHICKEN BREAST WITH BROCCOLI, BROWN RICE	PIECE OF DARK CHOCOLATE
DAY 28	OATMEAL WITH BERRIES AND CHIA SEEDS	COTTAGE CHEESE WITH PINEAPPLE	CHICKEN & VEGETABLE STIR-FRY WITH BROWN RICE	SLICED CUCUMBER WITH HUMMUS	GRILLED TILAPIA WITH SWEET POTATOES, GREEN BEANS	SMALL HANDFUL OF ALMONDS



WEEK 5: REINFORCING GOOD HABITS

DAY	BREAKFAST	MID-MORNING SNACK	LUNCH	AFTERNOON SNACK	DINNER	EVENING SNACK
DAY 29	SMOOTHIE WITH SPINACH, BERRIES, YOGURT	A PEAR	LENTIL SOUP, MIXED VEGETABLE SALAD	CARROT STICKS WITH HUMMUS	BAKED TOFU WITH QUINOA AND BRUSSELS SPROUTS	PIECE OF DARK CHOCOLATE
DAY 30	WHOLE GRAIN TOAST WITH AVOCADO & EGG	MIXED NUTS AND DRIED FRUITS	TUNA SALAD ON WHOLE GRAIN BREAD, BABY CARROTS	APPLE SLICES	TURKEY MEATLOAF WITH MASHED SWEET POTATOES AND GREEN BEANS	LOW-FAT YOGURT WITH HONEY

