

SAMPLE HEALTHY MEAL PLAN FOR 50- YEAR-OLD WOMAN

DAY 1

B: Granola, Unsweetened Greek yogurt, Blueberries, Coffee, Low-fat milk
S: Tofu, Salad, Stuffed tomato
L: Tuna salad, Sandwich, Whole grain bread, Apple, Walnuts
S: Lemon, Pistachio, Berry frozen yogurt bark
D: Veggie Korean bibimbap, Kombucha drink, Banana, Greek yogurt

DAY 2

B: Smoked salmon, Egg bagel, Spinach, Low-fat mocha drink
S: Brazil nuts, Pear slices, kombucha
L: Sardines, Tomato sauce, Whole grain toast
S: Raspberry cheesecake
D: Sautéed shrimp, Mango salsa, Coconut cauliflower rice, Banana, Walnuts

DAY 5

B: Berry smoothie, Protein powder
S: Spanish oat omelet
L: Sardines, Olive oil, Whole-grain toast, Leafy side salad
S: One vegan blueberry truffle
D: Slow cooker peanut, Chicken with broccoli, Baked sweet potato, Olive oil, Steamed kale

DAY 7

B: Granola, Unsweetened Greek yogurt, Blueberries, Coffee, Low-fat milk
S: Tofu "egg" salad, Stuffed tomato
L: Tuna salad sandwich, Whole grain bread, Bell peppers, Sugar snap peas, Pear, Walnuts
S: Boiled egg, Oatcakes, Arugula
D: Rotisserie chicken tacos, Pineapple salsa, Watercress, Brazil nuts

DAY 3

B: Blueberry-Avocado Smoothie, Whole grain, Almond butter
S: Red Lentil-Beet, Hummus, Oatcakes
L: Black bean soup, Roasted beets, Almond cream cheese, Grated carrot, Watercress
S: Peanuts, Orange
D: Chicken, Vegetable, Steamed brown rice, Walnuts

DAY 4

B: Apple, Peanut butter, Whole wheat English muffin, Low-fat milk
S: Carrot, Cake Energy Bar
L: Baked potato, Chili, Creme fraiche, Green beans
S: Chocolate-avocado pop
D: Sweet potato curry, Steamed cauliflower rice, Wheat paratha, Satsuma, Kombucha drink

DAY 6

B: Quinoa edamame egg muffins, Grilled tomatoes, Mushrooms, Olive oil, Almond milk
S: Peanut butter, Apple
L: Seared sesame tuna, Julienned carrots, Snow peas, Pak choi, Bamboo shoots
S: Lemon, Pistachio, Berry frozen, Yogurt bark
D: Baked potato, Chili, Creme fraiche, Steamed broccoli

