

1 Week Sample Meal Plan

This meal plan is a guideline to help you start eating a more balanced diet. Some individuals may require more or less calories and other nutrients based on age, sex, medical conditions, and other factors. Listen to your hunger cues and increase portions of fruits and vegetables if you still feel hungry 15 minutes after you finish eating. Meals and snacks can be eaten in any order at any time but try to eat every 3-4 hours. Limit Beverages to water, black coffee and tea, and other low-calorie drinks.

Day 1

Breakfast

2 Eggs cooked any-style
1 Medium baked plantain
½ of a large Mango

Lunch

12 oz of Low-sodium chicken
and vegetable soup
1 Cup of Fungi or Corn

Dinner

3-4 oz Grilled Tofu
1 Cup Brown Rice
1 Serving Balsamic Snap
Peas*

Snack 1

3 TBSP Trail Mix (Nuts,
Seeds, and Dried Fruit)

Snack 2

5oz Greek Yogurt
1 Medium Orange

Nutrition Totals

1,492 Calories
40g Fat
72g Protein
216g Carbohydrates:
91g Sugar
20g Fiber
1,891mg Sodium

Balsamic Snap Peas Recipe: Makes 4 Servings

Ingredients

1 onion (medium), diced	1 tbsp Olive Oil	5 cherry tomatoes sliced
3 cloves Garlic diced	1 tbsp Balsamic Vinegar	1/4 cup water
2 Pimento Peppers diced	1 lb. Fresh Snap Peas	

Directions:

Over medium to medium-high heat in large sauce pan, add olive oil, onions, garlic, and pepper. Sauté until onions start to become translucent, about 2-3 minutes. Add snap peas, tomatoes, balsamic vinegar, and water. Cook over medium heat for about 5-10 minutes until water has steamed off.

Day 2



Breakfast

1 Medium Banana
2 Spinach and Cheese Egg
Muffins*

Lunch

1 Black Bean Burrito*

Dinner

Chicken Pesto Pasta*

Snack 1

1 Medium Apple
2 TBSP Nut Butter

Snack 2

10 Baby Carrots
2 TBSP Hummus

Nutrition Totals

1529 Calories
63g Fat
77g Protein
167g Carbohydrates:
31g Sugar
28g Fiber
1,574mg Sodium

Spinach and Cheese Egg Muffins Recipe: Makes 12 Servings

Ingredients

12 Eggs	½ Medium Onion, diced	½ Cup Fat-free Plain Greek Yogurt
2 Cups of Spinach, chopped	1 Cup Shredded Cheese	1 tsp Black Pepper
2 Jalapenos, diced		

Directions:

Preheat oven to 350 degrees F. Grease a muffin tin. Whisk eggs and yogurt. Add Spinach, onion, jalapeno and black pepper. Stir and scoop mixture into muffin tins. Bake for 20-25 minutes. Let cool 5 minutes. Store up to one week in fridge.

Black Bean Burrito Recipe: Makes 1 Serving

Ingredients

1 10-inch flour tortilla	2 TBSP Shredded Cheese	1/4 Cup Onions and Bell Peppers
¼ Cup Black Beans	2 TBSP Salsa or Pico de Gallo	Sautéed in Olive Oil

Directions:

Place all ingredient in center of tortilla and fold. Microwave for 1-2 minutes or heat in oven at 350 degrees F for 10-15 minutes.

Chicken Pesto Pasta Recipe: Makes 4 Servings

Ingredients

1 Medium Zucchini sliced	1 lb. Chicken Breast, grilled	¼ Cup Parmesan Cheese
1 Medium Summer Squash sliced	½ Cup Pesto Sauce (or Marinara)	1 TBSP Italian Seasoning
3 Cups Pasta, cooked		

Directions:

Sautéed zucchini and squash in a few tbsp of water and Italian seasoning until softened. Mix together Pasta, Sauce, Chicken, and squash mixture. Sprinkle cheese on top.

Day 3

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Breakfast

Peanut Butter Banana
Overnight Oats*

Lunch

Ahi Tuna Salad*

Dinner

Spinach and Garlic Pita*

Snack 1

1 Slice Whole Wheat Bread
1 Laughing Cow (or 1 TBSP
Cream Cheese)
1 tsp Chia Seeds

Snack 2

1 TBSP Almonds
1 Cup of Grapes or Berries

Nutrition Totals

1,461 Calories
49g Fat
88g Protein
176g Carbohydrates:
57g Sugar
31g Fiber
1,524mg Sodium

Peanut Butter Banana Overnight Oats Recipe: Makes 1 Serving

Ingredients

¾ Cup Vanilla Greek Yogurt	½ Cup 2% Milk	2 tsp Honey
½ Banana, sliced	½ Cup Dry Oatmeal	½ tbsp Natural Peanut Butter

Directions:

Mix together ingredients in glass jar with lid. Place in Fridge overnight, or at least 6 hours.

Asian Grilled Chicken Salad Recipe: Makes 1 Serving

Ingredients

1/4 cup Edamame (Soybeans, shelled)	3 Cup Raw Spinach	2 TBSP Ginger Sesame Salad Dressing (or substitute dressing of your choice)
1/2 cup Quinoa cooked	4 oz Grilled Chicken Breast	

Directions:

Toss together all ingredients except chicken. Top with chicken and Enjoy!

Spinach and Garlic Pita Recipe: Makes 1 Serving

Ingredients

1 Whole-wheat Pita	1 cup Raw Spinach chopped	1 tsp Parmesan grated
1 Laughing Cow Swiss Cheese Wedge (or 1 tbsp cream cheese)	1 tsp Minced Garlic in Olive Oil	
	1 oz Shredded Mozzarella	

Directions:

Spread swiss cheese and garlic on pita. Top with spinach and remaining cheese. Place on baking sheet in oven at 400 degrees Fahrenheit for 5-10 minutes until desired crispness.

Day 4

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Breakfast

Orange Blueberry Smoothie*

Lunch

Spinach and Cheese Egg
Muffin Burrito*

Dinner

BBQ Chicken and Beans*
2 Cups Spinach
½ Cup Quinoa

Snack 1

1 Cup Raw Broccoli Florets
2 TBSP Ranch Dressing

Snack 2

1 Medium Apple
2 TBSP Nut Butter

Nutrition Totals

1,489 Calories
51g Fat
75g Protein
175g Carbohydrates:
68g Sugar
44g Fiber
1,261 mg Sodium

Orange Blueberry Smoothie Recipe: Makes 1 Serving

Ingredients

1 Cup Frozen Blueberries	1 Cup Raw Spinach	1 tbsp Chia or Flax Seeds
5 oz Plain Low-Fat Greek Yogurt	½ Cup Orange Juice	

Directions:

Blend Ingredients Together.

Egg Muffin Burrito Recipe: Makes 1 Serving

Ingredients

1 10-inch flour tortilla	2 TBSP Salsa or Pico de Gallo
¼ Cup Black Beans	1 Spinach and Cheese Egg Muffin

Directions:

Place all ingredient in center of tortilla and fold. Microwave for 1-2 minutes or heat in oven at 350 degrees F for 10-15 minutes.

Slow Cooker BBQ Chicken and Beans Recipe: Makes 8-10 Servings (3oz)

Ingredients

6 Boneless, Skinless Chicken Breasts	1/2 Cup of Hot Sauce	1 Onion Chopped
	2 Tbsp Butter	1 Tbsp Garlic Powder

Directions:

Turn slow cooker on high, add hot sauce, onion, butter, and garlic powder. Allow to cook for about 10 minutes until butter is melted. Stir. Add chicken breast and scoop some of sauce on top. Reduce heat and cook on low for 3-4 hours. Remove chicken from crockpot and shred with forks. Return to pot and mix chicken with sauce.

Day 5



Breakfast

Apple Pie Oatmeal*

Lunch

2 Cups Spinach
½ Cup Quinoa
½ Cup Black Beans
2 TBSP Pico de Gallo

Dinner

1 Cup Turmeric Fried Rice*
3-4 oz Sautéed Shrimp
½ Cup Steamed Broccoli

Snack 1

1 oz of Mixed Nuts (Handful)
Simple Smoothie*

Snack 2

1 Hard Boiled Egg
½ Large Mango

Nutrition Totals

1,500 Calories
45g Fat
74g Protein
210g Carbohydrates:
72g Sugar
39g Fiber
1,223mg Sodium

Apple Pie Oatmeal Recipe: Makes 1 Servings

Ingredients

1/2 Cup Uncooked Oats	1 tbsp Chia Seed	1/2 tsp, Cinnamon
1/2 Cup Apple Sauce	2 tsp, Brown Sugar	½ Cup Water

Directions:

Mix all ingredients in bowl. Microwave on high for 1-2 minutes until cooked to desire consistency.

Simple Smoothie Recipe: Makes 1 Servings

Ingredients

1 Cup Frozen Fruit	1 Cup Low-Fat Milk or Soymilk	1 TBSP Chia or Flax Seeds
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Directions: Blend together ingredients and enjoy!

Turmeric Fried Rice Recipe: Makes 4 Servings (Serving about 1 Cup)

Ingredients

1 cup Brown Rice Uncooked	1 Tbsp Rice Vinegar	1 tsp Cayenne Pepper
2 1/2 cups water	1 Tbsp Turmeric	1 Tbsp Pure Sesame Oil
2 cup Peas and carrots, frozen	2 tsp Black Pepper	2 Tbsp Low Sodium Soy Sauce

Directions:

Place water and rice in covered pan over high heat. Bring to boil and reduce heat to medium low. Simmer for approximately 45 minutes.

While rice is cooking, whisk together vinegar, oil, soy sauce, and spices. When rice is almost finished cooking, add peas and carrot with sauce to frying pan over medium heat. Sauté for 2-3 minutes. Add to rice. Mix and Enjoy!

Day 6

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Breakfast

Yogurt Parfait*

Lunch

Hummus Wrap*

Dinner

4-5oz baked white fish
marinated with salt-free
seasoning & 1 tsp of olive oil
(no breading)
½ Cup Whole Kernel Corn
1 Serving Sweet and Spicy
Roasted Cauliflower*

Snack 1

Granola Bar
1 Medium Orange

Snack 2

1 oz Mixed Nuts
1 Spinach and Cheese Egg
Muffin

Nutrition Totals

1,507 Calories
52g Fat
83g Protein
180g Carbohydrates:
72g Sugar
34g Fiber

1,491mg Sodium

Yogurt Parfait Recipe: Makes 1 Serving

Ingredients

¾ Cup Plain Greek Yogurt 2 tsp Honey
1 Cup Berries 1/3 cup Whole Grain Granola
1 tbsp Chia Seeds

Directions: Mix together ingredients. Enjoy!

Hummus Wrap Recipe: Makes 1 Serving

Ingredients

1 whole-wheat pita 2 TBSP Feta Cheese Crumbled 1/2 Cup shredded lettuce
2 tbsp Hummus 3-4 Slices of Cucumber
2 tbsp Black Beans 2 Tomato Slices

Directions: Open Pita to make a pocket. Place other ingredients inside. Roll-up Pita and enjoy!

Sweet and Spicy Roasted Cauliflower Recipe: Makes 3 Servings

Ingredients

1 Head of Cauliflower chopped 1 tbsp Olive Oil 1-2 tsp Cayenne pepper, to taste
1 tbsp Maple Syrup 1 tsp Black pepper
1 tbsp Low-sodium Soy Sauce 1 tsp Turmeric

Directions:

Pre-heat oven to 400 degrees F. Whisk together maple syrup, soy sauce, olive oil, and spices. Toss cauliflower in sauce. Spread on baking sheet lined with parchment paper or foil (for easy clean-up). Bake for 25-30 minutes.

Day 7



Breakfast

Avocado Toast*

Lunch

Greek Salad*

Dinner

4 oz Grilled Salmon
1 Cup Quinoa, cooked
½ Cup Sautéed Spinach

Snack 1

1 Mozzarella Cheese Stick
1 Cup Grapes

Snack 2

3 Cups Popcorn

Nutrition Totals

1,504 Calories
73g Fat
69g Protein
151g Carbohydrates:
39g Sugar
29g Fiber
1,956mg Sodium

Avocado Toast Recipe: Makes 1 Serving

Ingredients

1 slice Whole-wheat bread	1 tsp Canola Oil	1/3 Avocado sliced
1 Egg	2 Tomato Slices	

Directions:

Cook egg with 1 tsp canola oil per personal preference. Toast Bread. Layer Avocado Slices, tomato, and egg on top of toast open-faced. Enjoy!

Greek Salad Recipe: Makes 1 Serving

Ingredients

3 Cups Chopped Romaine	3 TBSP Chickpeas	1 oz Feta Crumbled Cheese
3 Cherry Tomatoes	3-5 Kalamata Olives	
2 Slices of Red Onion	2 TBSP Greek Vinaigrette Dressing	

Directions: Toss ingredient together. Enjoy!