



7-Day Healthy Meal Plan for Seniors

 **Designed for adults over 50:** Balanced meals with protein to preserve muscle, fiber for digestion, and smart carbs for steady energy. Portions based on the **Senior Plate Method** (½ veggies, ¼ protein, ¼ complex carbs).



7-Day Meal Plan (≈ 1,500–1,700 calories/day)

Day	Breakfast	Lunch	Dinner	Snack (optional)
Monday	2 scrambled eggs + 1 slice whole-grain toast + ½ cup blueberries	Grilled chicken salad: 3 oz chicken, 2 cups spinach, tomatoes, cucumber, 2 tbsp vinaigrette	Baked salmon (4 oz) + 1 cup roasted broccoli + ½ cup quinoa	½ cup Greek yogurt + 1 tbsp walnuts
Tuesday	Oatmeal (1 cup cooked) + 1 tbsp almond butter + ½ banana	Tuna salad sandwich (canned tuna, light mayo) on whole-grain bread + side of carrot sticks	Lean turkey burger (4 oz) on lettuce wrap + roasted sweet potato wedges (½ medium)	1 hard-boiled egg
Wednesday	Greek yogurt parfait: ¾ cup yogurt + ¼ cup berries + 2 tbsp chopped walnuts	Lentil soup (1.5 cups) + side salad with olive oil	Baked cod (4 oz) + 1 cup green beans + ½ cup brown rice	Apple slices + 1 tbsp peanut butter
Thursday	2-egg omelet with spinach + mushrooms + 1 slice rye toast	Leftover salmon + quinoa + broccoli (from Monday dinner)	Chicken stir-fry: 4 oz chicken, bell peppers, zucchini, broccoli, low-sodium soy sauce, served over ½ cup cauliflower rice	Small handful of almonds (10-12)
Friday	Smoothie: 1 cup unsweetened almond milk, 1 scoop protein powder, ½ cup frozen berries, 1 tbsp flaxseed	Avocado toast (1 slice whole-grain bread + ¼ avocado) + 2 poached eggs	Baked tilapia (4 oz) + roasted Brussels sprouts + ½ cup wild rice	¼ cup cottage cheese + black pepper
Saturday	Chia pudding: 3 tbsp chia seeds + 1 cup almond milk (refrigerated overnight) + ½ cup raspberries	Leftover chicken stir-fry or tuna salad lettuce wraps	Zucchini noodles with turkey meatballs (4 small meatballs) + marinara sauce + side of steamed spinach	1 pear
Sunday	1 whole-grain waffle + ¼ cup Greek yogurt + ½ cup sliced strawberries	Quinoa bowl: ¾ cup quinoa, 3 oz grilled chicken, avocado, black beans, salsa	Sheet pan dinner: 4 oz shrimp + bell peppers + red onion + cherry tomatoes, roasted with olive oil and herbs, served with ½ cup couscous	Celery sticks + 1 tbsp peanut butter



3 Senior-Friendly Recipes (Quick & Easy)

5-Minute Berry & Yogurt Bowl

Ingredients: $\frac{3}{4}$ cup plain Greek yogurt, $\frac{1}{2}$ cup mixed berries (fresh or frozen), 1 tbsp chopped walnuts, 1 tsp honey (optional).

Instructions: Add yogurt to a bowl. Top with berries, walnuts, and honey. No cooking required. High in protein and antioxidants.

10-Minute Lemon Herb Salmon

Ingredients: 4 oz salmon fillet, 1 tsp olive oil, lemon juice, dried dill or parsley, and garlic powder.

Instructions: Rub salmon with oil and seasonings. Cook in a non-stick pan over medium heat for 4-5 minutes per side, or bake at 400°F for 10 minutes. Squeeze fresh lemon on top.







No-Chop Lentil & Spinach Soup

Ingredients: 1 can low-sodium lentil soup, 2 handfuls of fresh spinach, $\frac{1}{4}$ tsp black pepper.







Instructions: Heat the soup in a pot. Stir in spinach until wilted (about 2 minutes). Serve with a slice of whole-grain toast. Fiber-rich and takes 5 minutes.




Senior Grocery List (For the 7-Day Plan)

-  **Protein:** Eggs, canned tuna, salmon fillets, tilapia, cod, shrimp, chicken breast, lean turkey, Greek yogurt, cottage cheese, protein powder
-  **Complex Carbs:** Whole-grain bread, oats, quinoa, brown rice, wild rice, couscous, lentils (canned), beans
-  **Vegetables:** Spinach, broccoli, bell peppers, zucchini, Brussels sprouts, green beans, carrots, cauliflower rice, cherry tomatoes, mushrooms, celery
-  **Fruits:** Blueberries, raspberries, strawberries, banana, apple, pear, lemon, avocado
-  **Healthy Fats:** Olive oil, almond butter, peanut butter, walnuts, almonds, flaxseed, chia seeds
-  **Pantry:** Low-sodium marinara, low-sodium soy sauce, salsa, vinaigrette, black pepper, garlic powder, dried herbs

Senior Portion Guide (Use Your Hand)

-  **Protein (palm):** 3-4 oz of meat, fish, or tofu – size and thickness of your palm (not including fingers).
-  **Carbs (cupped hand):** ½ cup of cooked rice, quinoa, oats, or pasta – fits in your cupped hand.
-  **Fats (thumb tip):** 1 tbsp of oil, butter, or nut butter – about the size of your thumb tip.
-  **Vegetables (two fists):** 1-2 cups of leafy greens or non-starchy veggies – two fists together.
-  **Cheese (thumb):** 1 oz of hard cheese – about the length of your thumb.
-  **Hydration reminder:** Drink 6-8 cups of water daily. Thirst fades with age, so follow a schedule.

 **Why hand portions work for seniors:** Your hand size scales with your body. No measuring cups needed. This method naturally adjusts portion sizes to your frame.

Weekly Senior Tips for Success

- **Prep once, eat twice:** Cook extra salmon, chicken, or quinoa on Monday to use for lunches later in the week.
- **Frozen is fine:** Frozen vegetables and berries are just as nutritious as fresh and last longer.
- **Spice without salt:** Use garlic powder, onion powder, paprika, or lemon juice instead of salt to lower blood pressure.
- **Eat with others:** Sharing a meal can improve digestion and mood. Invite a friend or family member.
- **Listen to your body:** If a portion feels too large or too small, adjust. Everyone is different.

This meal plan is a general guide for healthy adults over 50. Individual needs vary. Always consult your doctor or a registered dietitian before making significant dietary changes, especially if you have medical conditions or take medications.