Structured Senior Nutrition Guide

high-protein · easy to prepare · designed for age 60+

Combining adequate protein with a joint-friendly **walking plan to lose belly fat for seniors** ensures you drop visceral weight while retaining vital lean muscle. Paired with consistent **walking to lose belly fat after 60**, this 7-day high-protein regimen provides metabolic stability without extreme calorie restriction.

🍽️ 7-Day Senior Weight Loss Meal Plan
High-protein • Easy to chew • Budget-friendly
🖐️ **Protein** Palm of your hand (20-30g)
🎾 **Veggies/Carbs** Tennis ball (½ cup)
👍 **Fats** Thumb tip (1-2 tbsp)
🥚 **Cottage cheese** Tennis ball (½ cup)
🗓️ Day 1 ~1650 calories | 85g protein
🍳 Breakfast
Scrambled eggs (2) + cottage cheese (½ cup) + soft whole-wheat toast (1 slice)
Protein = palm | Dairy = tennis ball
🥙 Lunch
Tuna salad (1 can tuna + 2 tbsp mayo) on soft bread + side of cooked spinach (½ cup)
Tuna = palm | Spinach = tennis ball
🍲 Dinner
Ground turkey meatballs (3 small) with mashed potatoes (½ cup) + steamed zucchini (½ cup)
Meatballs = palm | Potatoes/zucchini = tennis ball each
🍎 Snack
Greek yogurt (½ cup) + soft berries (¼ cup) + drizzle honey
Yogurt/berries = tennis ball total
🗓️ Day 2 ~1700 calories | 90g protein
🥤 Breakfast
Protein smoothie: 1 scoop powder + 1 banana + 1 cup milk + 1 tbsp peanut butter
Peanut butter = thumb tip
🫐 Lunch
Lentil soup (1 cup) + shredded chicken (¼ cup) + soft whole-grain roll
Soup/chicken = tennis ball total
🐟 Dinner
Baked salmon (4 oz) + mashed sweet potato (½ cup) + soft green beans (½ cup)
Salmon = palm | Potato/beans = tennis ball each
🥚 Snack
Hard-boiled egg (1) + slice of soft cheese
Egg/cheese = palm total
🗓️ Day 3 ~1620 calories | 82g protein
🥣 Breakfast
Greek yogurt parfait: ½ cup yogurt + ¼ cup soft berries + 1 tbsp crushed walnuts
Yogurt/berries = tennis ball | Walnuts = thumb tip
🥪 Lunch
Egg salad sandwich (2 eggs) on soft wheat bread + side of applesauce (unsweetened, ½ cup)
Egg salad = palm | Applesauce = tennis ball
🍗 Dinner
Soft chicken thigh (1, shredded) + rice (½ cup) + cooked carrots (½ cup)
Chicken = palm | Rice/carrots = tennis ball each
🧀 Snack

Cottage cheese (½ cup) + peach slices (canned in juice, drained)
Cottage cheese/peach = tennis ball total
🗓️ Day 4 ~1750 calories | 92g protein
🍳 Breakfast
Omelet (2 eggs + ¼ cup cottage cheese + soft veggies) + 1 slice whole-grain toast
Eggs/cheese = palm + tennis ball
🥫 Lunch
Canned salmon patty (3 oz) + soft quinoa (½ cup) + steamed cauliflower (½ cup)
Salmon = palm | Quinoa/cauliflower = tennis ball each
🍲 Dinner
Slow-cooker beef stew (1 cup soft meat & veggies) over mashed potatoes (¼ cup)
Stew = 1¼ tennis balls | Potato = ½ tennis ball
🥜 Snack
Peanut butter (1 tbsp) on half banana + small glass of milk
PB = thumb tip | Banana = small fruit
🗓️ Day 5 ~1680 calories | 88g protein
🫐 Breakfast
Protein oatmeal: ½ cup oats cooked with 1 cup milk + 1 scoop protein powder + soft berries
Oats + fruit = tennis ball max
🥙 Lunch
Soft bean burrito: ½ cup refried beans + shredded cheese + mashed avocado (2 tbsp) in soft tortilla
Beans/cheese = tennis ball | Avocado = thumb tip
🐟 Dinner
Canned tuna casserole (tuna, soft noodles, cream of mushroom soup) – 1 cup
Casserole = tennis ball
🍦 Snack
Greek yogurt (½ cup) + cinnamon + soft canned pears (½ cup drained)
Yogurt/pears = tennis ball total
🗓️ Day 6 ~1720 calories | 86g protein
🍳 Breakfast
Egg muffins (2, baked in muffin tin with soft veggies & cheese) + 1 small orange (soft segments)
Egg muffin = palm | Orange = small fruit
🫐 Lunch
Split pea soup with ham (1 cup) + 1 slice soft sourdough bread
Soup = tennis ball | Bread = 1 slice
🍗 Dinner
Soft turkey meatloaf (2 slices) + mashed potatoes (½ cup) + cooked peas (½ cup)
Meatloaf = palm | Potatoes/peas = tennis ball each
🥛 Snack
Cottage cheese (½ cup) + soft peaches + sprinkle of cinnamon
Cottage cheese/peaches = tennis ball total
🗓️ Day 7 ~1800 calories | 95g protein
🥞 Breakfast
High-protein pancakes (2, made with protein powder) + sugar-free syrup + 2 turkey sausage links (soft)
Pancakes/sausage = palm total
🥗 Lunch
Shredded chicken salad (½ cup chicken + 2 tbsp mayo + soft lettuce) on soft bread
Chicken = palm | Bread/salad = 1 slice + small
🍝 Dinner
Soft baked haddock (4 oz) + rice pilaf (½ cup) + cooked zucchini (½ cup)
Fish = palm | Rice/zucchini = tennis ball each
🍎 Snack

Greek yogurt (½ cup) + soft apple sauce (½ cup) + sprinkle of cinnamon
Yogurt/applesauce = tennis ball total

🖨️ Print This Meal Plan

💧 Drink 6-8 glasses of water daily. Adjust portions if you feel too full or hungry.