

7 Day Age-Defying Meal Plan

Day	Breakfast	Lunch	Dinner	Snack
Mon	<u>Breakfast Parfait</u> 1 cup Greek Yogurt 1 cup Blueberries 1 oz Nuts	<u>Greek Veggie Wrap</u> Sliced Cucumbers, Tomatoes & Red Bell Peppers Whole Wheat Tortilla 2 Tablespoons Hummus 1 Tablespoon Feta Cheese 1 cup Fresh Fruit	<u>Chicken Dinner</u> 3 oz Grilled Chicken $\frac{2}{3}$ cup Couscous 1 cup Green Beans Side Salad topped with Low Fat Salad Dressing & Watercress	<u>Apple & Nut Butter</u> 1 Apple 1-2 Tablespoon(s) Nut Butter
Tues	<u>Cereal & Milk</u> 1 cup High Fiber Cereal 1 cup Milk Hard Boiled Egg 1 cup Fresh Fruit	<u>Chicken Salad</u> $\frac{2}{3}$ cup Chicken Salad 6 Whole Wheat Crackers 1 cup Baby Carrots 1 cup Fresh Fruit	<u>Salmon & Rice</u> 4 oz Grilled Salmon $\frac{2}{3}$ cup Brown Rice 1 cup Broccoli tossed in Olive Oil	<u>Nuts & Chocolate</u> 1 oz Nuts 2 Tablespoons Dark Chocolate Chips
Wed	<u>Omelet</u> 2 Egg Omelet with Spinach & Red Bell Peppers 2 Tablespoons mashed avocado 1 slice Whole Wheat Toast	<u>Almond Butter Sandwich</u> 2 slices Whole Wheat Bread topped with 2 Tablespoons Almond Butter & 1-2 tsp Honey or Jam 1 cup Greek Yogurt topped with Pomegranate Seeds	<u>Bean Tacos</u> $\frac{1}{2}$ cup Black Beans $\frac{1}{2}$ cup Mashed Sweet Potatoes 2 (8 inch) Tortillas topped with sliced Avocado, Lettuce, & Tomatoes 1 cup Papaya	<u>Tuna & Crackers</u> $\frac{1}{2}$ cup Tuna in water 6 Whole Wheat Crackers $\frac{1}{2}$ cup Baby Carrots
Thurs	<u>Protein Shake</u> 1 serving Protein Powder 1 cup of Almond Milk 1 cup Spinach 1 cup of Berries 1 Tablespoon Nut Butter <i>*Blend to desired consistency</i>	<u>Caprese Salad</u> 1 $\frac{1}{2}$ cups Spinach topped with Sliced Tomatoes, 2 oz Fresh Mozzarella, and Fresh or Dried Basil Drizzle with Balsamic Vinegar 1-2 slices Bread dipped in Olive Oil and Parmesan	<u>Ramen & Veggies</u> 1 package Ramen (omit seasoning) 1-2 cups Stir Fried Veggies Top with Low Sodium Teriyaki Sauce	<u>Veggies & Hummus</u> Sliced Red Bell Peppers & Broccoli 2 Tablespoons Hummus

Fri	<u>Nut Butter Toast</u> 2 slices Whole Wheat Toast 2 Tablespoons Nut Butter 1 small Banana	<u>Bean & Cheese Quesadilla</u> 2 (8 inch) Tortillas ½ cup Black Beans 1.5 oz Shredded Cheese Topped with Avocado, Lettuce, & Tomatoes ½ cup Corn	<u>Pork Tenderloin & Quinoa</u> 3 oz Pork Tenderloin ¾ cup Quinoa ¾ cup Sautéed Spinach	<u>Fruit and Cheese</u> ¾ cup Grapes String Cheese
Sat	<u>Egg Sandwich:</u> 1 Egg ⅓ Avocado Sliced 2 slices Whole Wheat Toast 1 cup Fresh Fruit	<u>Tuna Salad Sandwich</u> ⅔ cup Tuna Salad 2 slices Whole Wheat Bread String Cheese 1 cup Fresh Fruit	<u>Pizza</u> Margarita Pizza (Flat Bread or Naan topped with Fresh Mozzarella, Sliced Tomatoes, & Basil) Veggie Salad topped with Watercress & Balsamic Vinegar	<u>Popcorn</u> 3 cups stove popped popcorn
Sun	<u>Oatmeal:</u> 1 cup Steel-Cut Oats 1 cup Blueberries 1 oz Walnuts	<u>Spinach Salad:</u> Spinach topped with veggies, 1 oz Walnuts, 2 Tablespoons Craisins, & Olive Oil Dressing 1 slice Whole Wheat Bread topped with Olive Oil Butter 1 cup Greek Yogurt topped with Pomegranate Seeds	<u>Steak & Potatoes</u> 3 oz Sirloin Steak 1 baked Sweet Potato topped with Olive Oil Butter 1 cup grilled Vegetables	<u>Nut Butter Sandwich</u> 1 slice Whole Wheat Bread 1 Tablespoon Nut Butter 1 tsp Honey or Jam Apple



PIPER NUTRITION
The Age-Defying Dietitian