



28-DAY MEAL PLAN

Daily target: ~1,600–1,800 kcal • Sodium $\leq$ 1,500 mg/day • Fiber 25–35 g/day

This meal plan is built for a baseline of ~1,300–1,400 kcal. To reach your recommended intake, add a favorite dish from our cookbook or select items from the booster list below.

Day 1

Breakfast Oatmeal with Berries & Walnuts (10)
Snack Mini Corn Tortilla Bean Roll-Ups (23)
Lunch Vegetable Strudel (32)
Dinner Grilled Lean Steak with Broccoli & Brown Rice (45)
Drink Cucumber Lemon Water (61)
Total (approx.) ≈1,345 kcal

Breakfast Veggie Omelet with Spinach, Mushrooms & Beans (11)
Snack Mini Spinach Pie (Ricotta & Oat Bran) (23)
Lunch Sweet Potato Hash (onion & herbs) (35)
Dinner Stracciatella Soup + Side (47)
Drink Iced Coffee with Almond Milk (63)
Total (approx.) ≈1,425 kcal

Day 3

Day 2

Breakfast Greek Yogurt with Banana & Chia (low-fat) (15)
Snack Quinoa & Veggie Mini Cups (24)
Lunch Japanese Miso Vegetable Oatmeal (33)
Dinner Stuffed Eggplant with Ground Beef (46)
Drink Indian Mango Lassi (59)
Total (approx.) ≈1,320 kcal

Breakfast Avocado Toast on Unsalted Crispbread (12)
Snack Baked Zucchini with Yogurt Dip (24)
Lunch Pasta Primavera (whole-grain) (36)
Dinner Salmon with Sweet Potatoes & Zucchini (28)
Drink Coconut Water with Lime (60)
Total (approx.) ≈1,435 kcal

Day 4

Day 5

Breakfast Rice Pudding with Dried Fruit (Flax Boost) (12)
Snack Italian Bruschetta (low-sodium bread) (25)
Lunch Minestrone with Whole-Grain Pasta (30)
Dinner Baked Cod with Green Beans (garlic, lemon) (29)
Drink Berry Mint Iced Tea (59)

Total (approx.) ≈1,400 kcal

Dinner Spanish Vegetable Paella (41)
Drink Blueberry Lemonade (63)

Total (approx.) ≈1,430 kcal

Breakfast Whole-Wheat Flax Crepes (14)
Snack Apple "Nachos" with Almond Butter (21)
Lunch Avocado & Tomato Salad (37)

Day 9

Day 6

Breakfast Mediterranean Breakfast Bowl (16)
Snack Roasted Edamame (25)
Lunch Barley Chicken Soup (28)+ Greek Horta (35)
Dinner Korean Bibimbap (31)
Dessert Whole-Grain Pumpkin Harvest Cake (slice) (50)
Drink Citrus Infused Water (62)

Total (approx.) ≈1,330 kcal

Dinner Italian Baked Eggplant (41)
Drink Cinnamon Cold Brew (64)

Total (approx.) ≈1,410 kcal

Breakfast Shakshuka with Chickpeas (15)
Snack Pear Slices with Ricotta (21)
Lunch Greek Horiatiki Salad (38)

Day 10

Day 7

Breakfast French Yogurt Parfait with Berries (13)
Snack Date & Almond Energy Bites (20)
Lunch Carrot & Ginger Cream Soup + Whole-Grain Toast (27)
Dinner Lamb stew (chickpea & tomato) (47)
Drink Iced Yerba Mate (61)

Dessert Apple Pie (small slice, oat crust) (50)

Total (approx.) ≈1,380 kcal

Dinner Shrimp & Vegetable Stir-Fry (42)
Drink Turkish Yogurt Drink 65
Dessert Coconut Macaroon (57)

Total (approx.) ≈1,325 kcal

Breakfast Scrambled Eggs with Zucchini & Flax (10)
Snack Veggie Chips (Baked) (22)

Lunch Chickpea Stew (37)

Dinner Seafood Stew (tomato-bean) (42)

Drink Berry Mint Iced Tea (59)

Dessert Poppy Seed Cake (56)

Total (approx.) ≈1,405 kcal

Day 11

Day 8

Breakfast Korean Veggie Pancakes (14)
Snack Lemon-Flavored Oatmeal Bars (49)
Lunch Turkey & Vegetable Chili (34)

Day 12

Breakfast Pumpkin Yogurt Bowl (19)

Snack Kale Chips with White Bean Dip (22)

Lunch Japanese Miso Vegetable Oatmeal (33)

Dinner Turkey Roll-Ups (43)

Drink Mexican Agua Fresca (Watermelon) (62)

Total (approx.) ≈1,290 kcal

Day 13

Breakfast Oatmeal with Berries & Walnuts (unsalted) (p 11)

Snack Quinoa & Veggie Mini Cups (24)

Lunch Sweet Potato Hash (35)

Dinner Italian Chicken Cacciatore (44)

Drink Cucumber Lemon Water (61)

Dessert Avocado Chocolate Mousse (57)

Total (approx.) ≈1,415 kcal

Day 14

Breakfast Berry Smoothie with Oats & Flaxseed (16)

Snack Mini Corn Tortilla Bean Roll-Ups (p 23)

Lunch Potato Frittata (34)

Dinner Lentil & Spinach Curry with Brown Rice (45)

Drink Cinnamon Apple Tea (64)

Dessert Chocolate Profiterole (51)

Total (approx.) ≈1,390 kcal

Day 15

Breakfast Rice Cakes with Avocado & Tomato (18)

Snack Peach Frozen Yogurt (52)

Lunch Vegetable Strudel (p 32)

Dinner Vegetarian Chili with Black Beans (46)

Drink Iced Coffee with Almond Milk (63)

Dessert Yogurt Panna Cotta (55)

Total (approx.) ≈1,360 kcal

Breakfast Avocado Toast on Unsalted Crispbread (12)

Snack Baked Sweet Potato Fries (26)

Lunch Ocean Trout with Brussels Sprouts (40)

Dinner Grilled Lean Steak with Broccoli & Brown Rice (45)

Drink Blueberry Lemonade (63)

Total (approx.) ≈1,355 kcal

Breakfast Fruit Salad with Chia (19)

Snack Apple "Nachos" with Almond Butter (21)

Lunch Minestrone with Whole-Grain Pasta (30)

Dinner Stuffed Eggplant with Ground Beef (46)

Drink Iced Yerba Mate (61)

Dessert Strawberries Mochi (52)

Total (approx.) ≈1,270 kcal

Breakfast Mediterranean Breakfast Bowl (16)

Snack Light Chocolate Soufflé (53)

Lunch Barley Chicken Soup (28) + Greek Horta (35)

Dinner Chicken & Vegetable (43)

Drink Ginger Turmeric Tea (65)

Total (approx.) ≈1,335 kcal

Day 16

Day 17

Day 18

Day 19

Breakfast French Yogurt Parfait with Berries (13)
Snack Oatmeal Energy Balls (20)
Lunch Chickpea Stew (37)
Dinner Salmon with Sweet Potatoes & Zucchini (28)
Drink Turkish Yogurt Drink (65)
Total (approx.) ≈1,425 kcal

Day 20

Breakfast Korean Veggie Pancakes (14)
Snack Date & Almond Energy Bites (20)
Lunch Greek Horiatiki Salad (38)
Dinner Baked Cod with Green Beans (29)
Drink Coconut Water with Lime (60)
Dessert Greek Yogurt Cheesecake (49)
Total (approx.) ≈1,390 kcal

Day 21

Breakfast Whole-Wheat Flax Crepes (14)
Snack Italian Bruschetta (25)
Lunch Avocado & Tomato Salad (37)
Dinner Korean Bibimbap (31)
Drink Cinnamon Cold Brew (64)
Dessert Whole-Grain Pumpkin Harvest Cake (50)
Total (approx.) ≈1,350 kcal

Day 22

Breakfast Shakshuka with Chickpeas (15)
Snack Avocado Lime Sorbet (54)
Lunch Lebanese Fattoush (29)

Dinner Lamb stew (chickpea & tomato) (47)
Drink Tropical Green Energizer (58)
Dessert Chocolate Profiterole (51)
Total (approx.) ≈1,415 kcal

Breakfast Scrambled Eggs with Zucchini & Flax (10)
Snack Strawberry Swirl Cake (55)
Lunch Carrot & Ginger Cream Soup + Whole-Grain Toast (27)
Dinner Spanish Vegetable Paella (41)
Drink Pineapple Ginger Sparkle (60)
Total (approx.) ≈1,320 kcal

Breakfast Rice Cakes with Avocado & Tomato (18)
Snack Watermelon & Strawberry Granita
Lunch Corn Salad (olive oil, lime) (36)
Dinner Italian Baked Eggplant (41)
Drink Mexican Agua Fresca (Watermelon) (62)
Dessert Avocado Chocolate Mousse (57)
Total (approx.) ≈1,375 kcal

Breakfast Ricotta Cup with Pineapple & Chia (13)
Snack Oatmeal Energy Balls (20)
Lunch Mexican Tacos (38)
Dinner Chicken & Vegetable Skewers (43)
Drink Ginger Turmeric Tea (65)
Total (approx.) ≈1,390 kcal

Day 23

Day 24

Day 25

Breakfast	Salmon & Cucumber Bites (18)
Snack	Classic Chocolate Mousse (54)
Lunch	Corn Salad (olive oil, lime) (36)
Dinner	Seafood Stew (tomato-bean) (42)
Drink	Indian Mango Lassi (59)

Total (approx.) ≈1,430 kcal

Breakfast	Veggie Omelet (11)
Snack	Baked Sweet Potato Fries (26)
Lunch	Enchiladas with Beans & Vegetables (40)
Dinner	Turkey Roll-Ups (43)
Drink	Indian Masala Chai (66)

Dessert Oatmeal Raisin Cookies (2 pcs)

Total (approx.) ≈1,450 kcal

Breakfast	Berry Smoothie with Oats & Flaxseed (16)
Snack	Baked Zucchini with Yogurt Dip (24)
Lunch	Pasta Primavera (whole-grain) (36)
Dinner	Italian Chicken Cacciatore (44)
Drink	Pumpkin Spice Coffee (66)

Dessert Date & Oat Squares (48)

Total (approx.) ≈1,415 kcal

CALORIE BOOSTERS

Use to raise daily energy intake without raising sodium. Values are approximate per addition.

Fats & Oils

- 1 tbsp extra-virgin olive oil — drizzle over salad/veg/rice/pasta/quinoa (~120 kcal)
- 1/2 avocado (~120 kcal)

Nuts, Seeds & Legumes

- 1 oz unsalted nuts (almonds ~170, walnuts ~185, cashews/pistachios ~160, hazelnuts ~180) (~160–185 kcal)
- 1 tbsp peanut butter on a rice cake (~130 kcal)
- 1 tbsp chia seeds stirred into yogurt (~60 kcal)
- 1/2 cup cooked chickpeas (~135 kcal)

Dairy & Alternatives

- 5 oz (140 g) low-fat Greek yogurt (~90 kcal)
- 8 oz (240 ml) low-fat kefir (~90 kcal)
- 1 cup unsweetened soy milk (~80 kcal)
- 2 tbsp cream cheese on white toast (~160 kcal)

Grains, Breads & Starches

- 1/2 cup cooked grains — white rice ~110, quinoa ~110, couscous ~90, barley ~95, bulgur ~75, farro ~100 (~75–110 kcal)
- 1/2 cup cooked white pasta (~100–110 kcal)
- 1 small flour tortilla (6") (~140 kcal)
- 1 small white pita (~165 kcal)
- 2 tbsp granola on yogurt (~90–110 kcal)
- 1 tbsp butter on white toast (~180 kcal)

Fruits & Sweets

- 1 small banana (~90 kcal)
- 1 small fruit (~60–100 kcal)
- 2 dried apricots (~35 kcal)
- 2 tbsp raisins (~60 kcal)
- 1 oz 70% dark chocolate (~160 kcal)