

The background image shows a meal setup on a wooden table. In the foreground, a white plate holds a piece of golden-brown pan-fried fish, a portion of bright green steamed broccoli, and several baby carrots. To the left of the plate, a person's hand is visible, resting on the table. In the upper left corner, a white bowl contains more steamed broccoli and baby carrots. The text is overlaid in a dark blue, serif font.

MONTHLY MEAL PLAN FOR TWO ADULTS OVER 60

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Monthly Meal Plan for Two Adults Over 60

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WEEK 1

MON: Oatmeal with banana / Tuna salad / Baked chicken and steamed broccoli

TUE: Yogurt and granola / Egg salad sandwich / Lentil soup with toast

WED: Scrambled eggs / Turkey wrap / Grilled fish with rice and carrots

THU: Smoothie / Cottage cheese with fruit / Spaghetti with meat sauce

FRI: Whole grain toast / Canned salmon and crackers / Chicken stir fry

SAT: Cereal with milk / Vegetable soup / Baked potato with cheese

SUN: Pancakes / Tuna sandwich / Roast beef with mashed potatoes

WEEK 2

MON: Toast and peanut butter / Chicken noodle soup / Meatloaf with peas

TUE: Boiled eggs / Turkey sandwich / Veggie stir fry with brown rice

WED: Cream of wheat / Fruit and yogurt / Fish sticks and sweet potatoes

THU: Muffin and cheese / Tomato soup and grilled cheese / Chicken curry

FRI: Bagel with cream cheese / Hummus with pita / Lasagna

SAT: Waffles / Salad and beans / Grilled pork chops

SUN: Fruit salad / Egg sandwich / Baked fish and green beans

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WEEK 3

MON: Hot cereal / Chicken Caesar wrap / Baked turkey with squash

TUE: Toast with avocado / Black bean soup / Pasta primavera

WED: Cereal and banana / Tuna and crackers / Grilled shrimp and rice

THU: Smoothie bowl / Hard boiled eggs and toast / Casserole

FRI: Toast and jam / Leftover veggie soup / Stir fry with tofu

SAT: Yogurt parfait / PB sandwich / Chicken fajitas

SUN: Omelet / Salad with eggs / Pot roast and green beans

WEEK 4

MON: Toast / Veggie omelet / Baked salmon and couscous

TUE: Waffles / Ham sandwich / Mac and cheese with peas

WED: Granola and milk / Apple and peanut butter / Rice and beans

THU: English muffin with jam / Veggie soup / BBQ chicken and potatoes

FRI: Fruit smoothie / Pasta salad / Turkey meatballs and spaghetti

SAT: Eggs and toast / Chicken noodle soup / Quiche and salad

SUN: Bagel / Tuna wrap / Slow-cooker beef stew

Dinner Prep Instructions (Weeks 1-4)

Want help making these dinners? Below you'll find easy instructions to prepare each one. Use what you have - substitute freely!

WEEK 1 DINNER PREP INSTRUCTIONS

MONDAY - Baked Chicken and Steamed Broccoli

Ingredients:

- 2 chicken breasts
 - 1 tbsp olive oil
 - Salt, pepper, garlic powder
 - 2 cups broccoli florets
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Instructions:

1. Preheat oven to 375°F (190°C). Rub chicken with oil and seasoning.
 2. Bake chicken in a pan for 25-30 minutes or until juices run clear.
 3. Steam broccoli in a pot or microwave until tender (about 5-7 minutes).
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TUESDAY - Lentil Soup with Toast

Ingredients:

- 1 cup dry lentils (or canned)
 - 1 diced carrot, 1 diced celery stalk, 1 small onion
 - 1 garlic clove, 1 tsp olive oil, 3 cups broth
 - Whole grain bread
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Instructions:

1. Sauté garlic, onion, carrots, and celery in oil for 5 mins.

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2. Add lentils and broth. Simmer for 25 mins (or 10 if using canned).
 3. Toast bread and serve with soup.
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WEDNESDAY - Grilled Fish with Rice and Carrots

Ingredients:

- 2 white fish fillets (tilapia or cod)
 - 1 cup rice, 1 cup sliced carrots
 - Lemon juice, olive oil, herbs
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Instructions:

1. Cook rice according to package. Steam or boil carrots.
 2. Brush fish with oil and lemon, season with herbs.
 3. Grill or pan-sear fish for 4 mins each side.
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THURSDAY - Spaghetti with Meat Sauce

Ingredients:

- 1/2 lb ground turkey or beef
 - 1 cup pasta sauce, 1/2 onion diced
 - 6 oz spaghetti
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Instructions:

1. Cook spaghetti. In another pan, cook meat and onion until brown.
 2. Add sauce to meat and simmer 10 mins. Combine with pasta.
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FRIDAY - Chicken Stir Fry

Ingredients:

- 1 chicken breast, sliced

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- 1 cup mixed frozen vegetables
 - 1 tbsp soy sauce, 1 tsp oil, 1/2 cup cooked rice
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Instructions:

1. Heat oil, cook chicken until white.
 2. Add vegetables and soy sauce, stir-fry for 7-10 mins.
 3. Serve over cooked rice.
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SATURDAY - Baked Potato with Cheese

Ingredients:

- 2 medium potatoes
 - 1/2 cup shredded cheese, optional sour cream or chives
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Instructions:

1. Wash and prick potatoes. Bake at 400°F for 45 mins or microwave 7-10 mins.
 2. Slice and top with cheese. Microwave 1 min to melt.
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SUNDAY - Roast Beef with Mashed Potatoes

Ingredients:

- 1/2 lb sliced roast beef (deli or leftover)
 - 2 medium potatoes, 1 tbsp butter, splash of milk
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Instructions:

1. Peel and boil potatoes 20 mins. Mash with butter and milk.
2. Heat roast beef in pan or microwave. Serve with potatoes.

Weekly Grocery Lists

WEEK 1 GROCERY LIST

- Oatmeal, bananas, tuna, chicken breasts, broccoli
- Yogurt, granola, eggs, lentils, carrots, celery, onions
- Turkey, white fish, rice, baby carrots, pasta sauce, spaghetti
- Whole grain toast, canned salmon, frozen mixed veggies, potatoes
- Pancake mix, roast beef, milk, basic seasonings

WEEK 2 GROCERY LIST

- Peanut butter, chicken noodle soup, ground beef, peas
- Turkey slices, black beans, fresh/frozen vegetables
- Fish sticks, sweet potatoes, muffins, tomato soup, curry paste
- Lasagna ingredients, bagels, pork chops, tuna, green beans

WEEK 3 GROCERY LIST

- Hot cereal, wraps, turkey breast, squash, black beans, pasta
- Tilapia/shrimp, rice, tofu, yogurt, apples, bell peppers
- Eggs, salad greens, pot roast, canned soups

WEEK 4 GROCERY LIST

- Salmon, couscous, ham, macaroni, cheese, muffins
- Granola, peanut butter, rice, beans, BBQ chicken, potatoes
- Pasta salad ingredients, meatballs, quiche mix

Helpful Cooking Tips for Seniors

COOKING TIPS FOR SENIORS

1. Use Pre-Chopped Veggies:

Save time and effort by buying pre-cut vegetables or frozen mixes.

2. Cook Once, Eat Twice:

Double your recipe and freeze half for a future meal.

3. Slow Cookers Are Your Friend:

Toss ingredients into a slow cooker in the morning and enjoy a ready dinner at night.

4. Use Microwave-Safe Dishes:

Leftovers are easier to reheat safely and quickly.

5. Keep Staples Stocked:

Always keep canned beans, pasta, rice, and frozen veggies on hand.

6. Stay Safe:

Use non-slip mats, wear oven mitts, and store heavy items at waist height.

7. Hydrate:

Remember to drink water with your meals. Dehydration often goes unnoticed.

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Explore More:

Visit <https://60andover.net/seniors-meal-planner/> to build your own meal plan using our free tool!