

7-Day Meal Plan for Solo Seniors

Day 1

Breakfast: Oatmeal with cinnamon, blueberries, and Greek yogurt.

Lunch: Chicken salad wrap with spinach and apples.

Dinner: Baked salmon with broccoli and brown rice.

Snack: Almonds.

Day 2

Breakfast: Peanut butter banana toast.

Lunch: Tomato soup with grilled cheese.

Dinner: Turkey meatballs with pasta and salad.

Snack: Cottage cheese with pineapple.

Day 3

Breakfast: Scrambled eggs with spinach.

Lunch: Tuna salad with crackers.

Dinner: Beef stew.

Snack: Greek yogurt with honey.

Day 4

Breakfast: Fruit smoothie.

Lunch: Avocado toast with boiled egg.

Dinner: Baked chicken thigh with roasted veggies.

Snack: Popcorn.

Day 5

Breakfast: High-fiber cereal with strawberries.

Lunch: Leftover chicken over greens.

Dinner: Shrimp or tofu stir-fry with brown rice.

Snack: Applesauce or orange.

Day 6

Breakfast: Yogurt parfait with granola.

Lunch: Vegetable soup with crackers and cheese.

Dinner: Stuffed bell pepper with vegetables.

Snack: Trail mix.

Day 7

Breakfast: Pancakes with fresh fruit.

Lunch: Quinoa bowl with chickpeas and vegetables.

Dinner: Pork tenderloin or rotisserie chicken with sweet potatoes and peas.

Snack: Dark chocolate or berries.