

The Ultimate Adaptive Meal Plan

A Complete 7-Day Senior Wellness Meal Guide

Designed for adults 60 and over who want easier, healthier, more flexible meals.

This free guide is brought to you by [60AndOver.net](https://www.60andover.net)

How to Use This Meal Plan

This adaptable 7-day guide helps you choose meals based on how you feel each day.

Each day includes seven meal variations—Soft Foods, Anti-Inflammatory, Heart-Healthy, Budget-Friendly, High-Protein, Light Meals, and Digestive-Friendly.

Mix and match freely.

Improve your rest while following this plan: [Sleeping Smarter After 60 – Advanced Sleep Strategies for Seniors](#)

Day 1

Soft Foods / Easy-Chew Option: Mashed sweet potatoes with soft scrambled eggs.

Anti-Inflammatory Option: Oatmeal with berries and ground flaxseed.

Heart-Healthy Option: Whole-grain avocado toast with cherry tomatoes.

Budget-Friendly Option: Peanut butter toast with sliced bananas.

High-Protein Option: Greek yogurt parfait topped with nuts.

Light Meals / Weight-Friendly Option:
Banana–spinach smoothie.

Digestive-Friendly Option: Warm rice porridge with cinnamon.

Day 2

Soft Foods / Easy-Chew Option: Mashed sweet potatoes with soft scrambled eggs.

Anti-Inflammatory Option: Oatmeal with berries and ground flaxseed.

Heart-Healthy Option: Whole-grain avocado toast with cherry tomatoes.

Budget-Friendly Option: Peanut butter toast with sliced bananas.

High-Protein Option: Greek yogurt parfait topped with nuts.

Light Meals / Weight-Friendly Option: Banana–spinach smoothie.

Digestive-Friendly Option: Warm rice porridge with cinnamon.

Day 3

Soft Foods / Easy-Chew Option: Mashed sweet potatoes with soft scrambled eggs.

Anti-Inflammatory Option: Oatmeal with berries and ground flaxseed.

Heart-Healthy Option: Whole-grain avocado toast with cherry tomatoes.

Budget-Friendly Option: Peanut butter toast with sliced bananas.

High-Protein Option: Greek yogurt parfait topped with nuts.

Light Meals / Weight-Friendly Option:
Banana–spinach smoothie.

Digestive-Friendly Option: Warm rice porridge with cinnamon.

Day 4

Soft Foods / Easy-Chew Option: Mashed sweet potatoes with soft scrambled eggs.

Anti-Inflammatory Option: Oatmeal with berries and ground flaxseed.

Heart-Healthy Option: Whole-grain avocado toast with cherry tomatoes.

Budget-Friendly Option: Peanut butter toast with sliced bananas.

High-Protein Option: Greek yogurt parfait topped with nuts.

Light Meals / Weight-Friendly Option:
Banana–spinach smoothie.

Digestive-Friendly Option: Warm rice porridge with cinnamon.

Day 5

Soft Foods / Easy-Chew Option: Mashed sweet potatoes with soft scrambled eggs.

Anti-Inflammatory Option: Oatmeal with berries and ground flaxseed.

Heart-Healthy Option: Whole-grain avocado toast with cherry tomatoes.

Budget-Friendly Option: Peanut butter toast with sliced bananas.

High-Protein Option: Greek yogurt parfait topped with nuts.

Light Meals / Weight-Friendly Option: Banana–spinach smoothie.

Digestive-Friendly Option: Warm rice porridge with cinnamon.

Day 6

Soft Foods / Easy-Chew Option: Mashed sweet potatoes with soft scrambled eggs.

Anti-Inflammatory Option: Oatmeal with berries and ground flaxseed.

Heart-Healthy Option: Whole-grain avocado toast with cherry tomatoes.

Budget-Friendly Option: Peanut butter toast with sliced bananas.

High-Protein Option: Greek yogurt parfait topped with nuts.

Light Meals / Weight-Friendly Option:
Banana–spinach smoothie.

Digestive-Friendly Option: Warm rice porridge with cinnamon.

Day 7

Soft Foods / Easy-Chew Option: Mashed sweet potatoes with soft scrambled eggs.

Anti-Inflammatory Option: Oatmeal with berries and ground flaxseed.

Heart-Healthy Option: Whole-grain avocado toast with cherry tomatoes.

Budget-Friendly Option: Peanut butter toast with sliced bananas.

High-Protein Option: Greek yogurt parfait topped with nuts.

Light Meals / Weight-Friendly Option:
Banana–spinach smoothie.

Digestive-Friendly Option: Warm rice porridge with cinnamon.

Thank You for Using This Guide

At 60AndOver.net, our mission is to empower seniors with the best tools, guides, and healthy living resources.

Visit us at <https://60AndOver.net>