

# 7-Day Meal Plans for Solo Seniors

## Low-Sodium 7-Day Meal Plan

### Day 1

Breakfast: Overnight oats with berries (no added salt).

Lunch: Low-sodium turkey wrap with spinach and cucumbers.

Dinner: Grilled salmon with steamed asparagus and brown rice.

Snack: Unsalted almonds.

### Day 2

Breakfast: Scrambled eggs with tomatoes and herbs (no salt).

Lunch: Lentil soup (low-sodium broth) and whole-grain crackers.

Dinner: Baked chicken breast with roasted zucchini and sweet potato.

Snack: Banana.

### Day 3

Breakfast: Yogurt with strawberries and chia seeds.

Lunch: Tuna salad made with no-salt-added tuna and light mayo.

Dinner: Stir-fry tofu with broccoli and carrots (low-sodium soy sauce).

Snack: Apple slices.

### Day 4

Breakfast: Fruit smoothie (berries, banana, almond milk).

Lunch: Avocado toast with boiled egg (no salt).

Dinner: Turkey meatballs with unsalted marinara and whole-wheat pasta.

Snack: Unsalted popcorn.

### **Day 5**

Breakfast: High-fiber cereal with low-sodium milk and berries.

Lunch: Low-sodium hummus with veggies and pita.

Dinner: Grilled shrimp with quinoa and steamed green beans.

Snack: Unsalted trail mix.

### **Day 6**

Breakfast: Cottage cheese (low-sodium) with peaches.

Lunch: Baked potato topped with steamed broccoli and Greek yogurt.

Dinner: Pork tenderloin (herb seasoned) with roasted carrots.

Snack: Orange.

### **Day 7**

Breakfast: Whole-grain pancakes with fruit topping.

Lunch: Chicken and veggie bowl with brown rice (no-salt seasoning).

Dinner: Baked cod with lemon, spinach, and wild rice.

Snack: Dark chocolate square.

# Diabetes-Friendly 7-Day Meal Plan

## Day 1

Breakfast: Greek yogurt with berries and chia seeds.

Lunch: Grilled chicken salad with olive oil dressing.

Dinner: Baked salmon with roasted broccoli and quinoa.

Snack: Small handful of nuts.

## Day 2

Breakfast: Vegetable omelet with spinach and peppers.

Lunch: Lentil soup and mixed greens.

Dinner: Turkey chili (no added sugar) with a side salad.

Snack: Apple slices with peanut butter.

## Day 3

Breakfast: Smoothie with spinach, berries, and almond milk.

Lunch: Tuna salad lettuce wraps.

Dinner: Stir-fry tofu with cauliflower rice.

Snack: Cottage cheese (unsweetened).

## Day 4

Breakfast: Steel-cut oatmeal with walnuts and cinnamon.

Lunch: Turkey and avocado wrap on low-carb tortilla.

Dinner: Baked chicken breast with green beans and mashed cauliflower.

Snack: Half a banana.

## Day 5

Breakfast: Scrambled eggs with tomatoes and onions.

Lunch: Chickpea salad with cucumbers and olive oil.

Dinner: Grilled shrimp with mixed vegetables.

Snack: Greek yogurt (plain).

### **Day 6**

Breakfast: High-fiber cereal with unsweetened almond milk.

Lunch: Quinoa bowl with chickpeas and spinach.

Dinner: Beef and broccoli (no added sugar sauce) over cauliflower rice.

Snack: Fresh berries.

### **Day 7**

Breakfast: Whole-grain toast with avocado and boiled egg.

Lunch: Chicken veggie soup.

Dinner: Pork loin with roasted Brussels sprouts.

Snack: Dark chocolate (low sugar).